

# HLC Health News

Honor, Heritage, Humility & Hard Work



## Spring Cleaning

As the season ramps into full swing, now is a good reminder to clean/disinfect your gear. Hand wash pads, gloves by soaking in a mild detergent and warm water for long enough to soak inner layers. Gently wipe off outer surfaces and hang dry for 1-2 days. **DO NOT ATTEMPT TO WASH YOUR GEAR THE SAME DAY AS YOU PLAY** - it needs to be completely dry before using. Helmets & goggles can be wiped down with disinfecting wipes and pads removed to be hand washed as well. Clean (or purchase new) mouth gear. Taking care of your gear helps keep you healthy as well as preserves your investments.

1

STORE EQUIPMENT IN  
COOL, DRY AREA

2

REMOVE SWEATY,  
WET CLOTHES/PADS/  
GLOVES FROM BAGS

3

BE SURE ALL  
EQUIPMENT IS CLEAN  
AND WELL-FITTING



### Hand washing

Wash hands after practice & games; before eating pre/post-game snacks.



### Water Bottles

Soak bottles in hot, soapy water and wipe out with cloths or bottle-brush. Store containers open so they dry fully. Also clean/disinfect mouth guard holders.

Wash  
Practice  
Pinneys  
Every Week