



WFTDA Infection Control Guidance for Leagues

The WFTDA takes the health and safety of its members and the general roller derby community seriously. This document provides guidance to leagues and participants on best practices to prevent the transmission of communicable diseases and skin infections when participating in roller derby. In addition to this guide, we urge our members to also follow national and municipal guidelines in regards to controlling and managing the spread of any virus or infection.

Personal Hygiene Practice

Washing your hands is the single most important practice in reducing the spread of infectious diseases. When this is done properly and frequently and individuals practice good habits when sneezing and coughing, you can minimize the risk of spreading illness.

- Wash with soap and water frequently for at least 20 seconds or, when handwashing is infeasible, use hand sanitizer. It is recommended that the sanitizer contains at least 75% alcohol for the sanitizer to be effective. This should be done before and after practice, games, events, etc.
- Leagues and event organizers should provide adequate hand-washing facilities for all participants and spectators. If unavailable, they should provide enough soap and bottled water and/or hand sanitizer in training and event facilities to support this practice.
- If using hand sanitizer frequently, you should consider daily use of moisturizer to prevent drying out.)
- Sneeze and cough into your elbows, not your hands.
- Shower as soon as possible after games and practices. When a shower is not available, use soap and water to wash your face, hands up to the elbows, and knees. When water is not available, use a wet cloth or disposable shower or body wipe.

Illness and Attendance Practices

It's important that all participants take responsibility for their part of keeping others safe and well by not putting others at risk.

- Do not participate if you feel ill, even if this is "just a cold". By time you feel sick enough to stay away, you've probably been contagious for days.

- Do not participate if you have a known communicable disease such as chicken pox, shingles, mumps, etc., until you are cleared as non-contagious by a medical professional.
- Open wounds should always be covered with a clean, dry bandage.

Leagues are encouraged to develop and adopt wellness policies with clear and specific guidelines to support these individual practices and what to do following a serious contagious illness.

- League-specific policies should include and be consistent with the standards of the [WFTDA Risk Management Guidelines](#).
- Leagues should have Medical Leave of Absence Attendance exceptions to allow people to stay home when sick and not feel pressure to attend anyway - exceptions should also include mental health/burnout.

Cleaning Practices

In order to prevent infections like MRSA (*Methicillin-resistant Staphylococcus aureus*), proper cleaning of gear and facilities is of primary importance. There are multiple ways and recommendations on how to do this.

For individual gear:

- Do not share towels or other gear with others.
- Wash and/or sanitize your gear regularly. There are multiple sprays and detergents on the market, but you need to choose a product(s) that is appropriate for both the cloth and hard surfaces of your pads.
 - There are very few disinfectant sprays on the market specifically for cloth, porous surfaces, check product instructions before use to see if it can disinfect cloth.
 - When washing pads, remember to fasten velcro so they do not snag.
 - Do not use bleach, detergents containing bleach, or bleaching agents as they can break down the materials in your gear.
- Drying out your gear after practice and/or game is an important step in prevention of growing bacteria and mold. Lay out your gear in a well-ventilated area.
 - If you do not place your pads in the dryer (see manufacturer's suggestions) place pads flat in a well ventilated area and allow them to dry completely.
- Clean your mouthguard after each time it is worn and do not share it.
 - Keep it in a separate container; do not throw it in your gear bag with your used gear. (Best in a firm container that permits air circulation, but prevents damage.)

- There are multiple ways to clean your mouthguard. Toothbrush & toothpaste, mouthwash soak, denture cleaner, or dishwasher. There are commercial mouthguard rinses that are quick and effective for rapid cleaning, should a whistle or mouthguard fall on the ground.
- If you have been ill with infections like strep throat, replace your mouthguard.
- Clean your whistles regularly and do not share them.
 - Keep them in a separate container.
 - There are multiple ways to clean your whistles. Mouthwash soak, boiling water soak, or denture cleaner.
 - If you have been ill with infections like strep throat, replace your whistle.

For league equipment and facilities:

- Wash/clean any training equipment your league might have such as cones, training jerseys, exercise equipment, etc.
 - Training jerseys should be washed after each use.
 - Participants should wipe down exercise equipment with a disinfectant after each use (disinfectant wipes, bleach solution, etc).
- If you have your own practice facility:
 - Mop your track regularly (at least monthly).
 - Clean your bathrooms, benches, public areas on a regular schedule (at least weekly).
 - Wipe down surfaces with a disinfectant, especially frequently touched areas like chairs and doorknobs and mop and disinfect the floor.
 - Bleach solution is an affordable and effective solution for cleaning, but please make sure to check with your local authority on products and recommendations.
- If you share your facility with other leagues, it is recommended that you work with the other leagues or facility manager to ensure this cleaning takes place. You may want to consider also following the requirements for Tournaments and Multi-Game Events below.

Tournament/Multi-Game Events

If your league is hosting a multiple game event or tournament the following guidelines are recommended:

- Wipe down benches and the penalty box between games using disinfectant wipes, solution, etc. Follow product instructions to ensure the product is appropriate for this use and for proper mixing with water.
 - If teams are rotating through locker rooms, locker rooms should be wiped down between each use.

- Facilities should be cleaned and disinfected at the end of the day in preparation for the next day of game play and all cleaning supplies, soap and/or hand sanitizer replenished.