

Playing Surface Health & Hygiene



Proper precautions are necessary to minimize potential health risks during sport participation. Playing surfaces under high utilization, both natural and artificial, may be a source of contamination such as bacteria or chemicals, with the potential risk of infection or other illness. The Seattle United Medical Advisory Committee has listed some general guidelines for health and hygiene below. Please consider sharing these recommendations with your child:

At practice/games:

- Keep water bottles in your bag, or upright and off of the playing surface
 - Place on bench or concrete if possible
- Place outer layers (e.g. jackets and pants) in your bag rather than on the field
- Cover healing or open abrasions during play
- For goalkeepers and players frequently sliding or diving on fields, consider wearing long pants and sleeves

After practice/games:

- Remove shoes/cleats and socks prior to entering the home
 - 'Shake off' any turf outside of the house
- Shower after practice with soap and water
 - Pay particular attention to any injured skin (e.g. 'turf burns')
- Wash hands before eating
 - Ideally, if snacks or treats are provided at the field, players should wash hands prior to eating
- Wash uniforms between use
- Shake out soccer bags and backpacks periodically