

# Good hygiene for sport and physical activity guide



# Introduction

When taking part in physical activity, whether as a player, coach, spectator, employee or volunteer, it is important to take sensible measures to maintain good hygiene.

Good hygiene practice, by both organisations and individuals, helps ensure that everybody involved stays fit and well enough to keep up the activities they love and get the most enjoyment out of taking part.

Likewise, good hygiene is of equal importance for everybody involved in maintaining and working on courts, pitches and sports facilities.

This guide, and the materials referenced within, has been developed to help organisations implement good hygiene across their establishments simply and effectively, no matter the activity, sport or venue.

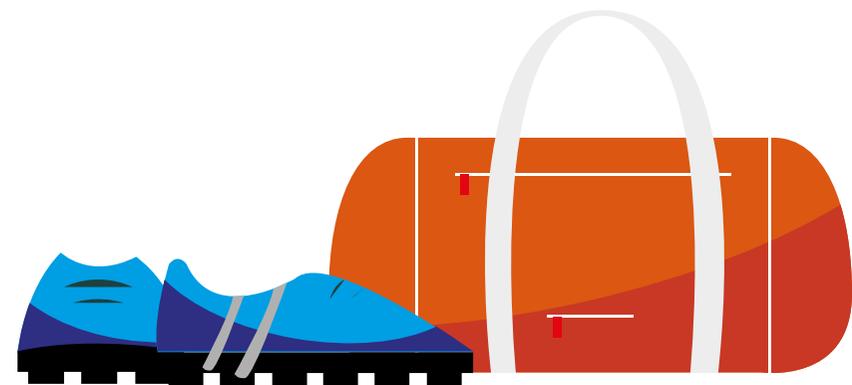
The guidance and advice in this document has been developed in conjunction with Public Health England, the National Centre for Sport & Exercise Medicine in Sheffield, and The Centre for Sport and Exercise Science at Sheffield Hallam University.

Please share the hygiene guidance and messages with your partners and stakeholders and encourage display of the materials in their wider network, as well as your own organisation.

**Stay healthy. Keep active.**

# Contents

Keeping a clean and healthy environment	<b>Pg 3</b>
• Cleaning and covering wounds	<b>Pg 4</b>
• Washing hands and showering	<b>Pg 5</b>
• Keeping kit and equipment clean	<b>Pg 6</b>
Promoting hygiene messages	<b>Pg 7</b>
• Displaying hygiene messages	<b>Pg 8</b>
• Social media	<b>Pg 9</b>
1. Twitter and Instagram	<b>Pg 9</b>
2. Facebook, LinkedIn and Snapchat	<b>Pg 10</b>
Training and coaching	<b>Pg 11</b>



# Keeping a clean and healthy environment

To ensure hygienic and safe surroundings for people taking part in physical activity, please follow this guidance and encourage individuals to do the same.



# Cleaning and covering wounds

- It is important that any cuts or abrasions that occur are cleaned and covered at the earliest time possible, to prevent entry of debris or dirt that can cause infection
- Keep your first aid kit easily accessible and stocked with a good supply of plasters to ensure a speedy response when a wound occurs during activity



# Washing hands and showering

- Hand washing and showering after physical activity is crucial for good hygiene – please encourage all those taking part to do so
- People are less likely to wash their hands if the only running water available is cold, so make sure antibacterial hand soap and warm water are easily accessible to anybody taking part in physical activity
- ‘Topping up’ soap dispensers can harbour bacteria, so wait until a soap dispenser is empty to refill it
- In instances where hot and cold water is not available, hand sanitisers should be used as an alternative
- Provide disposable towels rather than multi-use where possible

**Those taking part in physical activity should also be advised that material from playing surfaces (e.g. sand, clay, rubber-crumb, dirt, grass) that enters the mouth should not be swallowed.**



# Keeping kit and equipment clean

- Encourage people to remove any loose material (e.g. sand, turf, rubber-crumb, clay) from shoes, clothes, and equipment before entering changing rooms and buildings after taking part in physical activity outdoors
- Make sure that any equipment provided as part of your activities is regularly cleaned with the appropriate products
- Ensure that any shared kit provided by the venue or organisation is washed thoroughly after each use
- Regularly clean changing rooms and showers, and display a cleaning schedule in a public area



# Promoting good hygiene messages

This guidance document is provided alongside a core set of illustrations, in a range of dimensions, for use throughout your organisation.



# Displaying hygiene messages

These materials have been designed to clearly communicate three key hygiene messages outlined in this document to people taking part in physical activity, and are available to you in a range of formats:

## Posters

Electronic PDFs that can be downloaded and printed in A2, A3, A4 and A5 for use in venues.

## Image files

Separate image and banner files that can be used on websites or in newsletters as required.

## TV and digital screen content

Animation with key messages displayed in sequence to be used digitally on screens in your organisation (and online as required).



# Social media

Imagery in correct dimensions for use in posts on Twitter, Facebook, Instagram, LinkedIn and Snapchat.

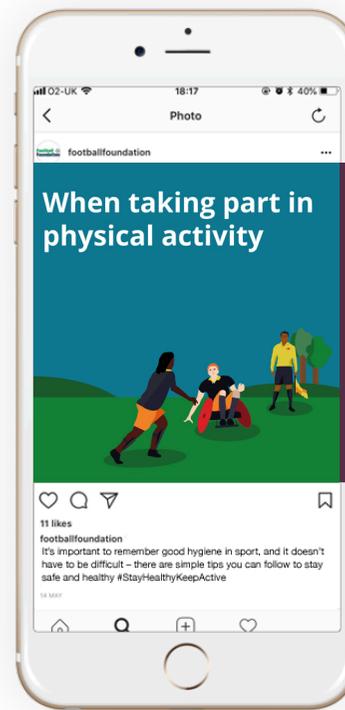
Consider using the hashtag **#StayHealthyKeepActive** when sharing posts on social media.

## Twitter cards

Key images in the correct rectangular dimensions to accompany tweets on your Twitter handles

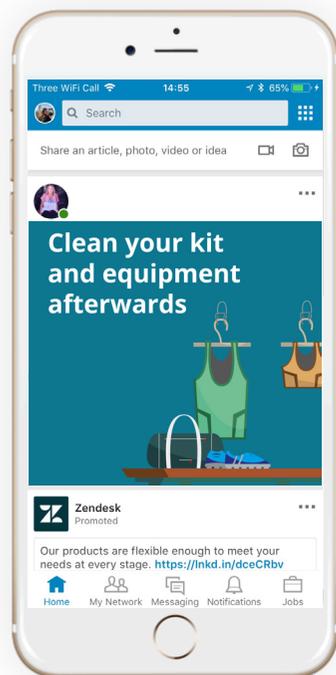
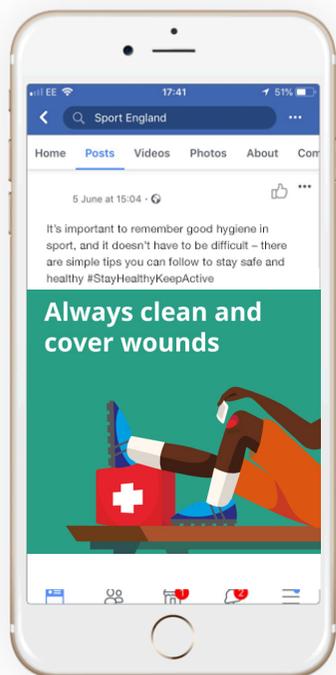
## Instagram carousel

All six square images can be posted in one Instagram post as a carousel, allowing your followers to swipe through the advice in sequence



## Facebook and LinkedIn

Square images are also the best shape and size for posting on Facebook and LinkedIn



## Snapchat

Portrait images in the correct dimensions to fit a smartphone screen are the best ones to use on Snapchat



# Training and coaching

Further to the display of posters, imagery and digital content, these messages and materials should also be incorporated into training, coaching and briefing activities.

It is important to ensure that staff and volunteers at your organisation and throughout your network, no matter what their role, have a thorough understanding of the good hygiene guidance, and can confidently advise others through their work.



The full range of materials can be downloaded from  
[www.groundsman.com/sportshygiene](http://www.groundsman.com/sportshygiene)