

# WRESTLING ROOM CLEANING CHECKLIST

<b><u>DUTIES</u></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>DRY MOP WRESTLING ROOM</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>SWEEP ROOM UNDERNEATH BLEACHERS</b>					
<b>TAKE FLOOR MAT OUTSIDE AND CLEAN</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>SWEEP OR VACUUM AROUND EDGES, AND FAR CORNER IN WRESTLING ROOM</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>SPRAY WALL PADS</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>TAKE OUT DIRTY TOWELS</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>STOCK CLEAN TOWELS</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>MOP ROOM (2 cups of Kenshield cleaning product)</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>CHANGE WET AND DRY MOP HEADS AND WASH</b>					<b>X</b>
<b>FILL FLOOR MAT</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>FILL SPRAY BOTTLES</b>					<b>X</b>
<b>STOCK PAPER TOWELS NOSE PLUGS</b>					<b>X</b>
<b>EMPTY MOP BUCKET</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>PUT EVERYTHING AWAY</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>DISINFECT HAIR CLIPPERS AFTER EACH USE</b>	<b>X</b>				
<b>SPRAY DRINKING FOUNTAIN</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

# WRESTLERS CHECKLIST

<b>DUTIES</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>WEAR CLEAN CLOTHES TO EVERY PRACTICE</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>TAKE CLOTHES AND GEAR HOME EVERYDAY AND WASH</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>SPRAY HEAD GEAR AND SHOES WITH DISINFECTANT AFTER EVERY PRACTICE</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>SANITIZE HANDS BEFORE EVERY PRACTICE</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>EMEDIATLYSHOWER AT THE SCHOOLWITH A ANTIBACTERIA SOAP AND SHAMPOO AFTER EVERY PRACTICE</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

# TRAINER CHECKLIST

<b>DUTIES</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>SKINCHECK (HEAD TO TOE FRONT AND BACK)</b>	<b>X</b>				
<b>WEARING ONLY SHORTS</b>					
<b>HAIR AND NAILS CHECK</b>					
<b>BEFORE DUAL MEET</b>					
<b>SKINCHECK BOTH TEAMS</b>				<b>X</b>	
<b>WEARING ONLY SHORTS</b>					
<b>HAIR AND NAILS CHECK</b>					
<b>TURN IN ANY DOCTOR NOTES AND FORMS ABOUT INJURIES OR SKIN CONDITIONS TO TRAINER AND COACH</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>