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Recommendations on How to Get Started

Football

- Step 1:** Clean & disinfect shoulder pads and helmets
- Step 2:** Apply Bac-Shield to both pads and helmets using pump-up garden sprayer and allow to dry
- Step 3:** Clean and disinfect locker rooms
- Step 4:** Apply Bac-Shield to all flooring, lockers, walls and shower stalls
- Step 5:** Require athletes to remove all items from lockers on a specified day each week, except shoulder pads, helmets and shoes. Treat locker room as needed on this specified day, including the items remaining in lockers.

Note: Odor will alert you to the presence of bacteria in equipment, locker rooms, etc. When odor returns, it's time to treat again.

- Step 6:** Ask parents to treat any sports related laundry washed at home.

Practice uniforms and other items removed from the lockers should be laundered on a daily basis. Bac-Shield can be applied to these articles at home or school upon removal from the washer...and prior to being placed into the dryer. Simply spray these articles using a 32 oz hand sprayer prior to placing in the dryer.

Six ounces of Bac-Shield makes 1 gallon of solution.