



A Product of Chem-Tex Laboratories, Concord, NC

## **Recommendations on How to Get Started**

### **Wrestling**

- Step 1:** Clean and disinfect locker rooms, including lockers, walls, shower stalls, any furniture and floors. Remove all articles from lockers before cleaning and disinfecting.
- Step 2:** Treat all locker room areas with Bac-Shield solution using a pump-up garden sprayer. Allow to dry.  
- Repeat locker room applications when odors return.
- Step 3:** Clean and disinfect all headgear, mats, dummies and pads.  
- Apply Bac-Shield solution to all articles using pump-up garden sprayer or 32 oz hand-held sprayer. Disinfect and treat daily.
- Step 4:** **Practice apparel, towels and singlets should be washed and treated after each use.**  
- When practice-wear has completed washing, remove from washer and spray articles with Bac-Shield solution, and then place in dryer. Dry thoroughly.  
- 1-2 pints of Bac-Shield will last an entire wrestling season of home laundering when used for treating wrestling practice wear.

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