

ATHLETE HYGIENE CHECKLIST

kleen.
CLEAN CARE FOR ACTIVE BODIES.

GOOD HABITS. HEALTHY TRAINING. STRONGER YOU.

USE THIS CHECKLIST TO STAY CLEAN, PROTECT YOUR TRAINING PARTNERS
AND PERFORM AT YOUR BEST.



1. SHOWER BEFORE OR AFTER TRAINING

Clean your body to remove sweat, bacteria and dirt.
Use anti-bacterial body wash.

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2. WASH YOUR GEAR

Wash your gi, rash guard, shorts and belt after every session.
Don't let bacteria build up.

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3. TRIM NAILS

Keep fingernails and toenails short and clean to
prevent scratches and infections.

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4. COVER CUTS & ABRASIONS

Cover any cuts or open wounds with a waterproof
bandage before training.

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5. USE A CLEAN TOWEL

Always bring a clean towel.
No towel, no training.

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6. STAY FRESH

Use deodorant, brush your teeth and keep your breath
fresh before class.

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7. CHECK YOUR SKIN

Regularly check your skin for any signs of infection
(red spots, rashes, puss-filled bumps, etc).

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8. SPEAK UP

If you think you have a skin infection, inform your coach
and stay off the mats until cleared.

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**CLEAN BODY.
CLEAN GEAR.
RESPECT EVERYONE.**

Good hygiene is part of good training.
Protect yourself, your teammates
and our community.



MORE RESOURCES & GUIDES:
[KLEEN.HEALTH/RESOURCES](https://kleen.health/resources)



TOGETHER WE BUILD
A STRONGER COMMUNITY.