

RECOMMENDED OUTBREAK PROTOCOL FOR COACHES

ACT FAST. COMMUNICATE CLEARLY. PROTECT YOUR TEAM.

kleen.
CLEAN CARE FOR ACTIVE BODIES.

When multiple athletes show signs of the same skin infection, follow this protocol to stop the spread and keep your gym safe.



1. IDENTIFY & CONFIRM

- Look for a pattern of similar symptoms.
- Ask affected athletes privately about symptoms and recent training.



KEY FOCUS

Early identification helps stop the spread.



2. STOP THE SPREAD

- Instruct infected athletes to stop training immediately.
- No sharing of gear, towels or clothing.



KEY FOCUS

Isolate cases to protect your team.



3. DEEP CLEAN

- Deep clean all mats, equipment and high-touch surfaces with an appropriate disinfectant.
- Launder all gym towels, linens and hygiene gear.



KEY FOCUS

Remove bacteria from surfaces and shared items.



4. COMMUNICATE

- Inform all members about the outbreak.
- Share prevention steps and remind everyone to check their skin.



KEY FOCUS

Clear communication builds awareness and responsibility.



5. ENCOURAGE TREATMENT

- Encourage affected athletes to see a doctor.
- Do not allow return to training until cleared by a medical professional.



KEY FOCUS

Proper treatment prevents complications and re-infection.



6. REVIEW & REINFORCE HYGIENE

- Remind members of hygiene rules and expectations.
- Reinforce daily habits: shower, clean gear, short nails, cover cuts.



KEY FOCUS

Strong habits prevent the next outbreak.



7. MONITOR

- Keep an eye on the situation for at least 2–4 weeks.
- Watch for new cases and act quickly if needed.



KEY FOCUS

Ongoing monitoring helps catch early signs.



8. DOCUMENT & LEARN

- Record the outbreak, what actions were taken and outcomes.
- Review and improve your protocol.



KEY FOCUS

Learn from every outbreak to protect your gym in the future.



A CLEAN GYM IS A SAFE GYM.
PROTECT YOUR ATHLETES.
PROTECT YOUR COMMUNITY.

If in doubt, shut it down, clean it up and speak up.
Prevention today, protection tomorrow.



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



TOGETHER WE BUILD
A STRONGER COMMUNITY.