

Protect you & your teammates from skin infections

Jiu Jitsu is a close-contact sport. Sweat, skin-to-skin contact, mats, and minor cuts are part of training—but they can also create the perfect environment for skin infections if we're not careful.

The most common infections seen in grappling gyms are staph, ringworm and impetigo

Knowing how to recognise and prevent them protects you, your teammates, and the gym.

Staph (Staphylococcus aureus)

- A bacteria commonly found on skin
- Can enter through cuts, scrapes, or mat burns
- Some strains (like MRSA) are antibiotic-resistant and more serious

What it looks like:

- Red, swollen, painful bumps
- Pimples or boils
- Pus or fluid drainage
- Skin may feel warm to the touch

Ringworm (Fungal Infection)

Not a worm—it's a fungus

Extremely contagious through skin contact and shared surfaces

What it looks like:

- Circular or ring-shaped rash
- Red, raised edges with clearer skin in the centre
- Itchy or flaky skin

Impetigo

Bacterial infection more common in kids, but can affect anyone

What it looks like:

- Red sores that break open
- Yellow or honey-coloured crusting
- Often around the face, arms, or legs

Why This Matters

- Infections spread fast in grappling environments
- Training through an infection puts others at risk
- Untreated infections can become serious and require time off the mats

How to Prevent Skin Infections

Personal Hygiene

- Shower immediately after training
- Use soap
- Wash your gi & belt, rash guards, and towels after every session
- Keep fingernails and toenails trimmed
- Cover all cuts, scrapes, and mat burns

On the Mats

- Train in clean gear only
- Do not share towels, razors, or personal items
- Avoid training with open wounds or visible skin issues

Gym Responsibility

- Mats are cleaned and disinfected regularly
- Members are expected to report suspicious skin issues
- Anyone with a contagious infection must stay off the mats until cleared

When to Stay Off the Mats

- ✗ If you have a suspicious rash, bump, or sore
- ✗ If a lesion is painful, spreading, or leaking fluid
- ✗ If a doctor has told you not to train

What To Do If You Notice Something

- Stop training immediately
- Clean the area and keep it covered
- See a medical professional
- Follow treatment instructions fully
- Return only when cleared

If in doubt—sit it out and get it checked! Training sick isn't tough—it's irresponsible.

We're a Team—Let's Protect Each Other

Good hygiene and honesty keep everyone training safely. Taking a few precautions today prevents weeks off the mats tomorrow.

Healthy teammates = strong gym culture.

