

HYGIENE IN SPORTS

Praveen Thariyan

Head Dept. of Physical Education, St Dominic's College Kanjirapally

praveen.thariyan@gmail.com

Abstract

In this, world there are many participating in some kind of sports .It may be individual or team events. Most of us felt a smell coming out from the carry bag, sports equipment or in the dressing room. There is a good chance that the smell is being because of bacteria. Now a day studies show that a vast amount of bacteria is living in this equipment. When we think of a game rugby, football, boxing, judo, wrestling handball etc. The equipment would have covered with saliva, sweat and blood. It is the duty of us to teach athletes about the hygiene in sports. Good hygiene should be a part and parcel in every sportsman's life.

Key words: Hygiene, Personal Hygiene

Introduction

The word 'Hygiene' is derived from 'Hygeia', the goodness of health in Greek mythology. Hygiene is defined as the science of health and embraces all factors which contribute to healthful living. Hygiene has two aspects –personal and environmental. The aim of personal hygiene is to promote standards of personal cleanliness within the setting of condition where people live. Personal hygiene includes bathing, clothing, care of nails, feet and teeth, spitting, cough, sneezing and personal appearance. The environmental hygiene has two aspects-domestic and community. Domestic hygiene comprises of that of the home, use of soap, need for fresh air, light and ventilation, hygienic disposal of waste etc. Community hygiene is the concern of many governments and related agencies throughout the world.

The preparation for sports competition requires proper training and practice. Keeping the body and equipments clean is a part and parcel of the process. Some of the infectious diseases can be productive and transmitted in the sports environment. So in sports proper hygiene is necessary to reduce the transmitting of these agents. Athletes are at increased risk for numerous infections. Infections and their effects can adversely affect the performance. Here some of the infectious diseases that are common in sports due to unhygienic are discussed.

Meningitis

Meningitis is caused by the bacteria called Neisseria Meningitides, an infection of the membrane that covers the brain and spinal cord called meninges . It is transmitted by respiratory and oral secretions. The symptom of this contagious disease is sudden fever, headache, neck stiffness, nausea and vomiting, sensitivity to light, confusion etc. If not treated properly it causes permanent neurological damage, limb loss and even death.

Influenza

This is caused by the virus transmitted by respiratory droplets (cough, sneeze, talking with close proximity). It is contagious one day before the symptoms start until five to seven days

after becoming sick. The symptoms of this disease are fever, chills, muscle or body ache, headache, coughing running nose and sore throat. It is difficult to the athletes to continue training and competition. This can spread easily to others.

Athlete's Foot

Athlete's foot is a fungal infection that affects the skin on the feet. It is a contagious disease to the nails or hands. The fungal infection is called athlete's foot because it is commonly seen in athletes. The fungus can pass through direct contact with an infected person or by touching a contaminated surface. This fungus can live in the warm and moist environment. Symptoms of athlete's foot are itching, stinging, blisters, dry skin, discolored and burning between toes. Athlete's foot can be prevented by washing the feet with soap and water every day, or by putting antifungal powder on feet and also by avoiding the use of shoes, socks or towels of others

Jock Itch

It is a very common groin rash. This is due to fungus and also caused by moisture, irritation and bacterial growth. Jock itch is common among athletes. Symptoms and signs of jock itch are pink or red rashes in groin folds, itching, pain and odor. This can be treated by using antifungal cream and resistant jock itch may require antibiotic pills.

Ring Worm

The ring worm or dermatophytosis is a fungal infection of the skin. The infected area will be with red patches and later spread to other parts of the body. This may affect the skin of the scalp feet, groin and other parts. The infection can spread, through the contact with infected persons and also from direct contact with soil. The symptoms of this are reddening of skin, itching, scalp and patches which develop blisters. The patches on the outer side may resemble like a ring. The treatment for ring worm are antibiotic and also avoid clothing that irritates the infected area ,wash bedding and clothing daily, clean and dry skin regularly.

Tips for sports hygiene

- Frequent hand wash using soap
- Shower after practice and competition
- Don't share water bottles
- Wash clothing daily and routinely
- Don't share personal belongings like towel, soap, socks, clothing etc.
- Cover all abrasions and open sores

Conclusion

Keeping this hygiene tips, all players, coaches and officials have some duty to be a role model and also to focus their hygienic standard. By promoting a good personal hygiene a healthier, more hygienic sports can be surely developed.

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