



# ACS Mixed Martial Arts

## Gear Care

Call or text if you have any questions (281) 532-5592

Personal hygiene is an important part of showing respect to yourself and your training partners. Make sure your nails and toenails are clean, trimmed short and neat to prevent scratches. Your clothes are clean and odor free. If possible shower before and after training, this will help to prevent odor, bacteria and other skin issues.

Taking the time after each training session to properly care for your gear is essential to the longevity and sanitation of your clothes and equipment. It's also essential to being a good teammate and training partner, you don't want to be the "stinky" person in class.

### **Boxing- MMA gloves- Shin guards- Headgear**

After every use, spray the inside and outside with disinfectant spray like Lysol and put it in front of a fan to dry completely. If you regularly spray your gear and dry it but there is still an odor present, contain the **dry** gear in a ziploc or trash bag and place it in your freezer for at least 24 hours to kill all bacteria and fungus that may be causing the odor.

### **Gi and rash guards and all other training clothes**

Hang to dry immediately after use or put straight into the washing machine (do not let sweaty clothes lay around in piles, bacteria, mold and mildew will grow quickly and cause odor and fabric damage). We recommend that you do not use fabric softener on any of your athletic clothing (fabric softener leaves a waxy build up that traps odor causing bacteria and oils). Wash in hot water with OxyClean Odor Blaster only. If your clothes still have odor or generate odor quickly when you start

warming up you may need to soak them for a couple of hours or overnight in a high concentration of OxyClean Odor Blaster (instructions on Oxy container) and rinse multiple times. We are not paid sponsors for OxyClean, this is our personal experience based on 25 years of washing and wearing training clothes.

### **MouthGuard**

Rinse immediately with water to remove saliva. Daily after use gently scrub with toothbrush and mild soap, don't use toothpaste it can scratch. Rinse thoroughly and allow to dry completely. Store in a ventilated hard case with airflow. Never store it wet or in a sealed container.