

# CLEAN TEAM SCORECARD

Working toward these goals can keep you off the sidelines and help you and your teammates perform at your best. Use this scorecard as a way to see how strong your clean routine is. Will you lead your team with the highest score?

ACTION ITEM	GOAL	RESPONSE		
		YES = 2	SOMETIMES = 1	NO = 0
Wash your hands with soap and water for 20 seconds when entering and leaving the training room or use sanitizer if that is the only option	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Wash your hands with soap and water for 20 seconds when entering and leaving the weight room or use sanitizer if that is the only option	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Wash your hands with soap and water for 20 seconds before and after every practice	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Wash your hands with soap and water for 20 seconds after going to the bathroom	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Wash your hands with soap and water for 20 seconds after blowing nose, coughing or sneezing	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Virtually contact your athletic trainer if you are feeling ill	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Avoid touching your eyes, nose and mouth with unwashed hands	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Refrain from spitting #YouSpitYouSit	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Wash and sanitize your mouthguard	After every use	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Wash and sanitize your squeeze bottle	Daily	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Avoid sharing your squeeze bottle	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Disinfect your cell phone, headphones with a disinfecting wipe	Daily	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Follow the hygiene protocol	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO
Eat & hydrate well before practice	Always	<input type="checkbox"/> YES	<input type="checkbox"/> SOMETIMES	<input type="checkbox"/> NO

SCORING	YES = 2    SOMETIMES = 1    NO = 0	FINAL SCORE
<b>SCORE 23-28</b>	You are a member of the Clean Team—keep up the good work.	
<b>SCORE 16-22</b>	You have some improvement areas—work on keeping yourself and everyone else safe.	
<b>SCORE 0-16</b>	You are putting yourself and everyone else at risk—take ownership and do your part.	