

The purpose of this guide is to clearly establish good sanitation procedures for equipment and facilities used by runners and sports enthusiasts. Mal-odors in athletic gear, clothing, carpeting, and mats are evidence of significant colonization by bacteria. Many of the bacteria that cause odor are also pathogens. It is for this principle reason, Scenturion<sup>®</sup> does not contain any fragrance designed to mask odor. Masking odor is an unhealthy approach to running shoes, athletic gear, clothing, carpeting, and mat maintenance. The objective is to eliminate the cause of odor – not mask it.

This Treatment Guide outlines the proper procedure to remove the organisms that cause odor in running shoes and reduce the possibility of infections that occur because of skin CHAFING & BLISTERS, and the trauma know as RUNNERS TOES that can result in Athlete's foot and nail fungus.

## **Treat the Gear, Protect The Athlete<sup>®</sup>**

### **Old and New Running Shoes**

Footwear is among the most offensive items worn by runners. Every day, without exertion, the average person sweats one cup of sweat into their footwear. Imagine what goes into the footwear of a person running a marathon! The result is footwear that has been saturated with perspiration.

**Procedure:** If the insole is removable, remove the insole and spray the entire floor of the footwear. Then, with the shoe inverted, spray down into the **toe box**. It is important that the item is sprayed until no odor is detected. Be sure to coat the **heel area, both sides of the tongue, laces, and sides** until damp and no odor is detected. Then spray **both sides of the insole** and let both separated items dry overnight. If footwear has sweat rings on the outside (i.e. moisture wicking fabric) it is best **treat both inside and outside the footwear**. In the morning, simply put the insole back in the shoe and they are ready to wear. There is no need to treat the item again until the odor returns. Scenturion<sup>®</sup> will protect the footwear for weeks, and in some cases, months. The coating is reactivated every time the shoes are worn.

### **Active Wear and Apparel**

These items are likely to develop an odor after multiple uses. While not as bad as footwear and gloves, they can also become problematic if left untreated. Scenturion<sup>®</sup> is designed for both non-washable and washable items.

**Procedure:** It is only necessary to treat the sweat contact area of these items. The inside - rather than the outside, so to speak. If there is a soft lining side, as there is with shin guards, you only need to spray the soft fabric/padding area. Simply spray the item until there is no odor. If the item is a jersey or padded girdle, turn it inside out and spray it until damp. As always, let the gear dry overnight, then wear as usual. Respray the item when the odor returns.

## Gloves and other hand wear.

The amount of sweat glands in the human hand are second only to the human foot. This is why gloves and other hand/wrist wear are among the most offensive odor items in a bag of gear.

**Procedure:** If possible, turn the glove inside out and spray until it is damp and odor is gone. Let the glove dry overnight and then turn the glove right side out and wear as usual. *If it is not possible to turn the glove inside out*, care should be taken to coat the entire glove especially the finger-stalls, palm, and wrist cuffs. **Use the fine spray setting for easily treatable areas, and the stream setting for difficult to reach areas – like finger stalls.** Spray until there is no odor detectible then let dry completely before wearing – drying overnight is recommended.

## Helmets, Caps, and other Head Gear.

Sweat from the head develops odor because both apocrine and sebaceous glands open into the hair follicle; apocrine sweat is mixed with sebum which is also broken down by bacteria. So while our feet and hands sweat more, there is sebum in head sweat which elevates bacterial activity.

**Procedure:** In helmets, as well as other head gear, it is important to treat all the fabric on the inside of the head gear. If there is padding coated with vinyl, spray the vinyl and let it dry before wearing. If it is possible to remove the pads to spray both sides, it is recommended that the pads be removed for spraying.

## Carpeting and Indoor Artificial Turf

Flooring surfaces in locker rooms, cross training facilities, weight rooms, etc. are exposed to gravity driven sweat from athletes and gear which transports bacteria, fungus and mold onto the surface.

**Procedure:** Use our one gallon /sprayer system to coat the surface well. One Gallon will treat approximately 2,000 sf. Allow to dry overnight.

**For any shoes, gear, or apparel that a person sweats all the way through (i.e. moisture wicking fabric with white sweat rings visible) make sure to treat both inside and outside the item.**

***The more you sweat, the more it works.***<sup>®</sup>