

The purpose of this guide is to clearly establish good sanitation procedures for equipment worn by athletes and sports enthusiasts. Mal-odors in athletic gear and clothing are evidence of significant colonization of equipment 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 equipment maintenance.

This Treatment Guide outlines the proper procedure to remove the organisms that cause odor in gear and infections in athletes.

## **Treat the Gear, Protect The Athlete™**

### **Old and New Footwear – including skates, cleats, running shoes, boots, waders, etc.**

Footwear is among the most offensive items worn by athletes. Every day, without exertion, the average person sweats one cup of water into their footwear. Imagine what goes into the footwear of a person engaged in a competitive sport! 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 and sides until damp. Then spray both sides of the insole and let both separated items dry overnight. 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 will protect the footwear for weeks, and in some cases, months.

### **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 our 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. 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.

**Body Armor & Active Wear - including Shin Guards, Thigh Pads, Elbow Pads, Shoulder Pads, Jerseys, Pants, Girdles, etc.**

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. Once Scenturion<sup>®</sup> is applied to an item, it will continue to protect that item for 30 machine washings.

**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.

**Wrestling Mats, individual exercise/yoga mats, etc.**

Human sweat transports microbial flora (organisms that are on our bodies) onto surfaces. Left unchecked, repeated exposure to surfaces that have bioburden can result in the microbe transmission to others. There are many ways to sanitize mats. Washing after every use with soap and water is highly recommended. In addition, coating the mat with Scenturion<sup>®</sup> adds a dynamic treatment. When in use, the athlete's sweat reactivates Scenturion<sup>®</sup> for real-time treatment during use.

**Procedure:** After the mat has been cleaned, simply spray a fine mist of Scenturion<sup>®</sup> to the entire surface of the mat. Let it dry completely, usually 5 to 10 minutes. The mat is now ready for use. We recommend that you wash the mat as usual after use. Retreat the mat with Scenturion<sup>®</sup> once a week.

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