What You Need to Know About Water

The overall health and wellness of the students in TUSD is of utmost importance. With the close proximity of the student athlete’s during sports participation, transmission of certain diseases is inevitable. The following recommendations are to decrease the possibility of water borne disease transmission and to ensure safe participation of TUSD’s student athletes:

1. Each athlete is responsible for bringing a drinking container to his or her sport practice. This container needs to be:
   - Reusable, refillable and washable.
   - Clearly labeled for easy recognition by the student athlete.

2. Athletes are not allowed to share drinking containers.

3. Each athlete is responsible for cleaning his or her drinking container daily and this cleaning it to be done at home. The recommended cleaning procedure is to rinse the inside, outside and lid of this container in hot soapy water and allow to air dry. Once a week, the container should be cleaned in the dishwasher or with a disinfectant solution.

4. For athletic contests, each athlete is recommended to continue using his or her own personal water bottle. For some events, this is not feasible; therefore water bottles or cups will be provided by the school for use by the athletic team. Each athlete is responsible for proper use of the water bottles. **This includes not placing their mouth on any part of the water bottle.** The athletic trainer at each school will clean and disinfect the water bottles after each event use.

There will be access to water at each practice and/or athletic event for the purpose of refilling personal water bottles. If a student athlete forgets his or her water container or is not able to supply his or her own, one may be checked out on a daily basis from the athletic trainer. It is the responsibility of the student athlete to return this bottle to the athletic trainer at the end of each practice.

If you have any question, please feel free to contact your school’s certified athletic trainer.