

VMHA Health Tips for the Team Bench

WATER BOTTLES

- Bacteria and viruses like measles, flu, mono and meningitis can be spread by sharing water bottles.
- Each person should have their own bottle with their name and player number marked on the bottle and the lid.
- When drinking, squirt water into your mouth instead of putting your mouth on the spout of the bottle.
- Bottles with manual spouts should be left open during the game. Opening and closing the spout many times increases the chances of contamination. (MANY PLAYERS DO NOT KNOW THIS)
- Don't add water from different bottles to "top-up" another bottle. Drain each bottle and refill with fresh water.
- Never share your bottle. Remember "one person - one bottle".
- Clean bottles in dishwasher or in a sink with dish soap and hot water. Disinfect by soaking in a bleach solution (15 ml or 1 tablespoon of bleach in 2 liters of water) for two minutes and let air dry. This will kill any germs inside the spout of bottle.
- Don't use bottles with long spouts or straws as they are hard to clean.
- Put bottles in ziploc bags before putting them in equipment bags to avoid contact with other equipment. Change the bag after every game.