



## Goalie Gear Cleaning Instructions

### - As of October 7, 2020

Wash or sanitize hands before handling shared gear.

Wear a base layer between yourself and your equipment. By doing this, you'll create a barrier that will help wick away moisture from you and your gear.

Drying out your gear after practice or a game is the single most important measure you can take to prevent harmful bacteria growth and subsequent odors. As soon as possible, remove all equipment from your bag. Use the BMHA provided 70% Isopropyl Alcohol and spray bottle to sanitize the goalie gear. Adjust the nozzle of the spray bottle to the wide spray setting (not the stream setting) and spray all surface area of the gear. Allow the spray to rest on the gear until it evaporates on its own. Leave gear out in the open so it dries thoroughly. Place all equipment in a warm, well-ventilated area to air out and dry.

The use of a drying rack is especially helpful because it allows for better air circulation around your gear. A hockey drying rack will dry your gear and kill the bacteria that develops during use.

Allow gear to “rest” for 72 hours after the above cleaning steps have been followed, before a new player uses the same gear. If it is not possible for 72 hours to pass, then the same player should continue to use the same gear until there is enough time between player uses.

The above instructions will aid in sanitizing shared gear but is not a guarantee. Families are encouraged to take their own unique family circumstances and medical situations into consideration.

Please continue to revisit the [COVID-19 Updates](#) page on the BMHA website for updates to cleaning instructions.