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# Young Athletes Camp

## Healthy Athletes Craft

**Hygiene**

# Hand Hygiene

Good hand washing habits are important to build at a young age. Proper hand washing is the first defense against illness. To help keep your Young Athlete(s) stay healthy, review the why, when and how and follow the tips below.

**Why?** (should you wash your hands)

- It's the best way to not get sick and spread germs!

**When?** (should you wash your hands)

- Before eating
- After using the bathroom
- After touching or clean up after pets
- After blowing one's nose, coughing, or sneezing
- After playing outside

**How?** (should you wash your hands)

- Wash your hands with soap and water, scrub them really well for 20 seconds, dry off with a clean towel

## Tips to Encourage Hand Washing!

1. Singing a well known song while washing hands can make the process fun and pass the time (20 seconds!)
2. Involve children in buying soap and let them pick their favorite color/scent.
3. Make it an activity - (Example: sticking hands in glitter and then attempt to wash all the glitter off of hands)

# Custom Soap Dispenser

## Materials:

- 1 Clear liquid hand soap
- 2 Printed photo
- 3 Scissors

## Activity:

- 1 Purchase a bottle of clear liquid hand soap. Remove the label with goo gone.
- 2 Take goofy photos of your Young Athlete(s).  
**Tip:** the sillier the better (Examples - pretending they are trapped in a bottle or swimming)
- 3 Next, have them printed at a local print shop (in color on transparency paper) (roughly \$2)
- 4 Cut around the image you want. Unscrew the pump and roll your transparency photo into the bottle!

**Tip:** the photos will float and shift around, so having 1 photo per bottle is ideal.

