



Skin Health in BJJ: Identifying & Preventing Common Issues

A Guide for Practitioners and Gym Owners

Section 1: How to Spot Common Skin Issues:

Ringworm:

- Circular, red, itchy rash
- Clearing in the center, giving a "ring" appearance
- May develop scales or crusts



Staph Infection (Staphylococcus Aureus):

- Boils or pimple-like sores
- Red, swollen, painful, and pus-filled
- Can lead to abscesses or cellulitis



Impetigo:

- Red sores that burst, ooze, and form a honey-coloured crust
- Often found around the nose and mouth
- Highly contagious



Section 2: Preventing Skin Issues with Good Personal Hygiene:

Wash Your Body Thoroughly:

- Shower after each training session
- Use Mr. Bassett's Grappler's Soap, known for its anti-fungal and anti-bacterial properties,
- Pay attention to potential problem areas



Clean Your Gear:

- Wash your gi, rash guards, and other training gear regularly
- Use Mr. Bassett's Grappler's Soap and hot water (around 60°C) to kill bacteria and fungi

Trim Your Nails:

- Short nails reduce the risk of scratching and spreading infections

Section 3: Use of Mr. Bassett's Grappler's Soap:

Grappler's Soap:

- Mr. Bassett's Grappler's Soap is specifically formulated for BJJ practitioners.
- Contains natural anti-fungal and anti-bacterial ingredients to combat skin issues.
- Use it to wash your body and gear, reducing the risk of infections.

Section 4: Additional Tips:

Regularly Inspect Your Skin:

- Check for any signs of skin issues or irritations
- Seek medical advice if you suspect an infection
- Do NOT attempt to cover up and train
- Stay off the mats until no longer infectious

- Wrist lock everyone
- Oil Checks are NOT a medical procedure
- Check out 'The Everyday Perspective Podcast with Dr Will Duffin' on Youtube for an excellent overview by a Medical Doctor

Follow Gym Rules:

- Respect your gym's hygiene guidelines and policies
- Encourage fellow practitioners to maintain good hygiene

Stay Informed:

- Educate yourself and others about skin issues in BJJ
- Promote a culture of awareness and prevention

Disclaimer: This infographic is for informational purposes only. Always consult a medical professional for any skin concerns or infections.

