

Personal Hygiene

The body sweats during exercise, you need to wash away _____ and body _____.

_____ disguise body odour but don't remove bacteria.

_____ prevent the body from sweating, so shouldn't be used before exercise.

Foot Care

Athlete's foot:- Fungal growth.

- Causes:- _____
- Treat:- _____

Verrucas:- Skin disorder.

- Causes:- _____.
- Treat:- with _____ and can use verruca _____ to prevent others becoming infected e.g. swimming.

Footwear

Tight shoes, trainers or boots can cause

1. **Corns**:- _____
2. **Blisters**:- Due to _____ tiny bubbles of liquid form over the area forming a _____, while new skin is _____ beneath.
3. **Bunions**:- _____ found at the first joint of the big toe.

However well _____ the players, competition or games have been organised, at sometime injuries will occur.

What would you include in an **injury prevention** list ?