



# Georgia Force Football

Equipment Maintenance

2022

# FOOTBALL EQUIPMENT MAINTAINANCE

## HELMET

- The inside of your helmet collects a lot of moisture, which is perfect for breeding bacteria. Spray the inside of the helmet with a gentle disinfectant such as Lyso after every practice or game. You can also use a mixture of water /rubbing alcohol in a spray bottle. Ratio is 70% water 30% alcohol.
- Recommend at least once a week using water and gentle dish-washing liquid and a couple of rags to wipe out the inside helmet specifically the pads. Use the soapy rag to get between the pads, then use a second damp rag to remove the soap.
- Afterward, leave the helmet to dry away from extreme heat or direct sunlight.

## SHOULDER PADS

- Your pads require a similar cleaning regiment. Hang pads to dry out after practice or a game to keep bacteria or mold from growing.
- Later, you can give them a light cleaning with a damp rag. Just be sure to wipe them afterward with a dry rag. Then spray the pads with a gentle disinfectant such as Lyso, or the 70/30 water/alcohol mixture
- At the end of the season have pads professionally cleaned and sanitized.



# FOOTBALL EQUIPMENT MAINTAINANCE

## UNIFORM

Presoaking - Fill a large sink, or bucket, with warm (not hot) water. Add 2 to 3 tablespoons of laundry detergent and 1 cup of baking soda.

Allow the uniform to soak for at least one hour. This process is safe for both colored and white fabrics, but it is best to have separate soaking tubs for colors and whites.

If the pre-soak did not remove the stains.

Grass stains: Work a dollop of detergent into the stained area with a soft-bristled brush. Allow the detergent to work for at least 15 minutes before washing as usual.

Mud: Scrape off any excess dirt from the fabric and apply detergent with a soft-bristled brush. If the mud is caused by red clay, make a paste of oxygen-based bleach and a few drops of water. Apply the paste to the stain and let it sit for at least 30 minutes before washing as usual.

All other stains: Use cold water to dampen the stain. Apply a stain-remover and gently rub it with a sponge or soft-bristled brush. Wait 15 minutes and wash as usual.



# FOOTBALL EQUIPMENT MAINTAINANCE

## UNIFORM

Turn the football jersey inside out to protect the lettering and emblems, and add it to the washing machine with the pants girdle. Don't add any other clothing to the washing machine because the lint from other cotton or cotton-blend clothing will cling to the jersey's letters and numbers. Set the washing machine to the normal cycle with cold or warm water.

Air-Dry the Uniform. Machine-drying can ruin a football uniform by causing it to shrink, setting in stains, fading colors, and destroying screen-printed letters and numbers. Instead, hang the uniform to dry away from direct sunlight. If you absolutely must put it in the dryer, tumble it on low heat on the permanent press cycle. Protective pads should always be hung to air-dry and wiped down sprayed with a gentle disinfectant. 70/30 water/alcohol

## Storing Football Uniforms

Football uniforms should be cleaned before storing and can be hung or folded. Do NOT store a dirty uniform where the stink will grow and bacteria will form, ruining the uniform and possibly other uniforms for the next season.