

Chafing

Chafing is set up by prolonged exposure to water, salt, and the variable stroke patterns caused by wave action.

Variances in stroke inherent with the athlete can be an underlying risk. It is a true laceration, prone to infections with all the complications.

Chafing

- Common sites: suit lines, shoulder (caused by breathing patterns), arm pit, inner thighs, back of neck (sighting)
- Prevention: Lubricants such as lanolin, Vaseline, Body Glide, Bag Balm, etc. (Applied by staff, not the athlete)
- **Basic Treatment:** Topical antibiotics that have anti-Staph activity and further protection (avoid NeoSporin, try Bactroban)