

**TRACK BITES, ROW BUTT, BLISTERS,
& REMEDIES**

by

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I. TRACK BITES

A. Prevention:

1. Protect the back of the legs with either pre-wrap and tape or cut off sweat socks. Sometimes 1/4 inch foam padding is necessary but rare.

B. Care: If track bites occur:

1. Clean the area with soap (betadine) and water.
2. If skin is hanging, cut it off with sterile clippers.
3. Cover with a thin coat of bacitracin.
4. Have athletes check their track bites when they come in off the water and prior to going onto the water.
5. If the track bite is red and sore, pad with a donut to protect the area. (Place bacitracin over the donut hole, cover with sterile gauze, pre-wrap, and tape.
6. During practice, track bites can turn from harmless to hazardous. If an athlete comes off the water with a red, hot, swollen, and tender track bite, refer the athlete to the health center for exam and possible antibiotics.

***CAUTION:** Track bites can look harmless before practice and become incredibly infected during a 30-60 minute practice! Don't mess around with it. The athlete will probably need to sit out for 12 hours. That time is well worth not spreading the infection.

RECOMMENDED SUPPLIES:

1. old (clean) sweat socks
2. pre-wrap
3. tape 1-1/2"
4. sterile clippers
5. betadine (or disinfecting soap)
6. bacitracin
7. 1/2" - 1/4" foam (adhesive if possible)
8. sterile gauze
9. Bactroban

II. ROW BUTT

Caused by pressure on the ischial tuberosities (butt bones) against the seat and prolonged wet trou.

A. Prevention:

1. Change trou and underwear after each practice to clean and dry underwear and trou.
2. Wear clean, dry trou and underwear for each practice (especially practicing 2 or more times per day).
3. Athletes should bath after practice.
4. Foam padding can be used to cut down on seat pressure.

B. Care: If row butt occurs:

1. Wash the area with soap (betadine) and water.
2. Before practice, cover area with bacitracin, spray tough skin on a cotton swab, cover around the abrasion, and cover that with Moleskin.
3. After practice, clean the area, cover with bacitracin, wear clean cotton underwear.
4. Don't wear underwear at night and cover with bacitracin to allow the area to breath.

RECOMMENDED SUPPLIES:

1. bacitracin
2. moleskin
3. tough skin
4. cotton swabs
5. soap (betadine)

III. BLISTERS

A. Prevention:

1. Reduce death grip on oar, work on technique.
2. Keep hands and oars as dry as possible. Scrape the oar handles, then sand them to increase grip, instead of wetting the oar.
3. Check calluses for ridges.
4. Shave calluses. Buff calluses with skin grain and along callus ridge grain.
5. Place hands in cold water or use an ice bag after practice to reduce the heat in the hands which reduces the blisters. 5-10 minutes or until they cool down.
6. Pour alcohol on the hands to toughen them up. Start this in the winter to cut down on spring training problems.
7. *Winter tank oar handles should be the same diameter as spring racing oar handles.*

B. Care: If blisters occur:

If the blister hasn't torn,

1. leave the skin as a natural barrier.
2. Drain the blister on the edge toward the fingers so it won't tear further while feathering. Cut a 1/4" horizontal slit at blister/skin intersection.
3. Pour alcohol on it when practicing 2 or more times per day to disinfect and toughen the area up as fast as possible.

If the blister has torn,

1. If 3/4 or more of the skin is still attached, keep the skin as a natural barrier.
2. If <3/4 of the skin is attached, cut it off with either sterile clippers or scalpel.
3. Wash with soap (betadine) and water.
4. During camps, pour alcohol over the area or use tincture benzoin to toughen the skin.
5. Use Second Skin or Compeed after the last practice of the day to reduce the chance of infection (After washing the area).

If blisters are deep and tender,

1. Place a donut & bacitracin over the area.
2. Tape over that. Use 1" tape or lightplast (elastic) tape. Be sure there are no creases in the tape, creases can cause blisters. Do NOT tape over the joints.
3. Check blisters before and after practice to check for infection. Look for: redness, swelling, white or green puss, and increase temperature in the area.

If infected:

1. White or greenish puss, soak the area in warm water for >10 minutes and wipe with sterile gauze. Seek medical attention if reness increasess or streaks!!!

RECOMMENDED SUPPLIES:

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| 1. Lots of Band-Aids | 6. ice |
| 2. alcohol | 7. foam donut (adhesive) |
| 3. bacitracin | 8. tincture benzoin |
| 4. callus removers or razors | 9. sterile clippers or scalpel |
| 5. 1" tape | |