

## UNIFORM WASH and CARE INSTRUCTIONS

Proper garment care and laundering techniques will prolong the life of your athletic uniforms while preserving color and minimizing garment shrinkage.

For Best Results – Wash uniforms in cold water BEFORE they are worn. This sets the dyes and removes any excess dyes before they migrate.

**UNIFORMS SHOULD BE LAUNDERED IMMEDIATELY AFTER THEY HAVE BEEN WORN.** *Do not allow perspiration soaked garments to lay in a pile or rest folded on top of each other.* This greatly increases the risk of dye/color migration. Garments that can not be laundered immediately should be hung individually on rust proof hangers (wood or plastic). Any item that is not part of the garment, i.e. belts, pads, etc. should be removed and laundered separately.

**GARMENTS SHOULD NOT BE SOAKED.** Spot treat stains whenever possible. If presoaking is required, use lukewarm water (90 to 100 degrees) and a non-enzyme release agent for no longer than 30 minutes. Launder garments immediately after presoaking.

### **BASIC WASHING INSTRUCTIONS:**

- Rinse water machine before adding garments
- **WHITE & COLORED GARMENTS CAN NOT BE WASHED TOGETHER**
- **WATER TEMPERATURE SHOULD BE NO MORE THAN 110 DEGREES!** Do not rely on the “warm” setting on the washer. Ground water and hot water heaters vary greatly. Be sure you know what temperature your water is.
- For best results, use a mild powdered detergent. Liquid and powdered detergents with enzymes can damage colors.
- When trying out new wash products, wash only one or two garments. If there is a problem, 2 can be replaced faster than 50.
- Water level in machine should be on highest setting. (More water, less color migration, better rinsing, less dirt re-deposited on the garments.)
- Anti-static agents (fabric softeners) may be used, if desired.
- **DO NOT USE CHLORINE BLEACH!** If garments are very soiled, a light application of dry oxygen based bleach is recommended.
- If possible, garments should be hung to dry on rust proof hangers. If machine drying is necessary, dryer should be set on the lowest temperature setting or on air dry.
- Do not overload dryers. Air needs to circulate freely to dry effectively, and to prevent scorching. Screen-print ink can melt if dried at too high a temperature.
- If you have had color migration problems during washing, do not place garments in the dryer, hang them to dry. The heat from the dryer will set the migrating dyes and make them much harder to remove.
- **DO NOT DRY CLEAN GARMENTS!** Dry cleaning can discolor garments & remove screen-printing.
- **DO NOT IRON OR PRESS GARMENTS!** Screen-printing will melt. Rib trims will lose their stretch. Lycra/Spandex will melt.
- Be sure that garments are completely dry before storing. Garments should be kept in a cool, dry area, protected from both sunlight and fluorescent light. White nylon will yellow from exposure to light.

\*\* Please communicate the above wash & care instructions to any outside parties that may handle or launder your garments. Uniforms that are not cared for correctly will not perform at the level for which they are designed.

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