



**AUSTRALIAN ICE RACING  
INCORPORATED**

**BLOOD AND INFECTIOUS DISEASES POLICY**

**Effective 12/04/08**

AIR Inc policy for Blood borne infectious diseases applies to all who participate in the sport of Short Track Speed Skating in Australia.

- team physicians
- other sports medicine staff /sports trainers/runners/coaches/ referees
- team managers/administrators
- skaters and their partners/parents.

A number of blood-borne infectious diseases can be transmitted during body contact and collision sports. The more serious include VIRAL HEPATITIS and HIV (AID) infections. These may be extremely debilitating and potentially disastrous for the team and/or individual. These diseases may be spread by direct contact between broken skin or mucous membranes and infected blood and other body fluids and substances.

Note: The risk of being infected with a blood – born virus through participation in sport is very low, however infection is possible. The risk can be minimised even further by following the items in this policy.

There is no current evidence that sweat, urine or tears will transmit these infective viruses. It is important to remember that more common diseases, such as the "common cold", and herpes simplex may be spread during body contact sports.

*THE FOLLOWING RECOMMENDATIONS WILL REDUCE THE RISK OF- TRANSMITTING INFECTIOUS DISEASES **All open cuts and abrasions must be reported and treated immediately.***

## **PLAYERS**

1. It is every participant's responsibility to maintain strict blood and body fluid safety at all times, in all activities on and off the field as this is an effective method of controlling the spread of disease.
2. It is strongly recommended that all participants involved in contact/collision sports and competing under adult rules be vaccinated against Hepatitis B. and continue with the booster vaccinations.
3. All participants with prior evidence of these diseases are strongly advised to obtain confidential advice on how to avoid the possibility of transmitting their virus and a clearance from a doctor prior to participation.
3. Sharing of towels and drink containers must NOT occur.

# Infectious Diseases

## TEAM AREAS

1. It is the club's responsibility to ensure that the dressing rooms are clean and tidy. Particular attention should be paid to hand-basins, toilets and showers. Adequate soap, paper hand towels, brooms, refuse disposal bins and disinfectants must be available at all times.
2. The practices of spitting and urinating in team areas must NOT be permitted.
3. All clothing, equipment and surfaces contaminated by blood must be treated potentially infectious. Equipment and surfaces should be cleaned immediately if soiling or spills occur.
4. When cleaning up blood and body substances (eg saliva )
  - gloves must be worn;
  - if the blood spill is large, confine and contain the spill (ie try not to let it run everywhere)
  - remove the bulk of the blood and body substance with absorbent material, paper towels;
  - place the paper towels in a sealed plastic bag and dispose with normal garbage. Clean the spill site with a detergent solution;
  - wipe the site with disposable towels soaked in a 1 :10 solution of bleach. Routine laundry procedures are adequate for the processing of **all** linen.
5. Routine washing procedures using hot water and detergents are adequate for decontamination of most laundry items. Therefore, clothing with dried blood on it can, if necessary, be soaked in cold water only to release the blood prior to a normal hot detergent wash.
6. Gloves should be worn when handling or washing soiled linen. General utility gloves, ie rubber household gloves, can be used for this task. The gloves should be washed in detergent after use, or discarded if they are peeled, cracked, discoloured, torn, punctured or have other evidence of deterioration.
7. Contaminated linen soiled with blood or body substances should be transported in a leakproof plastic bag to the laundry site simply to contain the body fluid and stop it spreading to the other laundry items. Contaminated linen does not need to be segregated in the hot detergent wash
8. It is strongly recommended that all personnel working in contact/collision sport team areas should be vaccinated against Hepatitis B.
9. Water containers should be available for each individual skater and not shared by skaters as bleeding around the mouth is common in contact sports.

## MINIMISING THE RISK OF HIV AND VIRAL HEPATITIS TRANSMISSION

1. Those attending to bleeding skaters should wear non-utility gloves, ie disposable latex or vinyl gloves which must *never* be reused.

These must be worn when: direct contact is anticipated with blood or body substances, mucous membranes, or non-intact skin, as when attending to first aid of a bleeding skater or handling items or contact surfaces contaminated with blood or body substances.

## Infectious Diseases

**Gloves** must be changed and discarded:

- as soon as they are torn or punctured .
- after contact with each skater .

Hands must be washed after removal and disposal of gloves.

2. **Disposable resuscitation devices** should be available and accessible. They should be used for anyone requiring mouth-to-mouth cardiopulmonary resuscitation (CPR). Any CPR training provided should include instruction in the use of resuscitation devices to prevent direct mouth-to-mouth contact between the injured person and the resuscitator.

3. If a skater has a skin lesion (any compromise to the skins integrity) they must be immediately reported to the responsible official and medical attention sought.

4. If a skin lesion is observed it must be immediately cleansed with suitable antiseptic and securely covered.

5. If a bleeding wound occurs the individual's participation must be interrupted until the bleeding has been stopped and the wound is both rinsed with plenty of water and if dirty, washed with soap and covered with a waterproof dressing.

6. Separate first aid room should be available for the treatment and suturing of wounds.

### ***ACTION TO BE TAKEN IN THE EVENT OF A BLOOD SPILL***

In an *accident* where bleeding occurs and if:

1. Skin is penetrated or broken, the immediate first aid is to clean the wound with water only. If water is not available a 70% alcohol hand rub should be used. Stop the bleeding and Dress the wound.

2. Clothes are bloodstained, they should be changed for clean ones once the wound has been treated. They should be handled with rubber gloves and treated as above.

3. Blood gets on the skin, irrespective of whether they are cuts or abrasions wash well with soap and water.

4. Eyes are contaminated, rinse the area gently but thoroughly, with the eyes open, with water or normal saline.

5. A skater is wearing contact lenses:

- Leave the contact lenses in while the eye is irrigated with water or normal saline.
- When the eye has been adequately irrigated for several minutes, remove the contact lenses and clean in the normal manner.

- They can then be reused. They do **not** have to be cleaned any differently than normal and they do not need to be discarded.
6. Blood gets in the mouth, spit it out and rinse the mouth with water several times.
  7. When blood spills on non-absorbent surfaces eg., the Ice, or the surrounding rink area , the blood should be removed with some absorbent material eg. Mop, rag or toweling which is then taken away to be cleaned appropriately and then the area washed with water and detergent. Antiseptics are optional.

***Where there is an additional concern about infection, medical advice should sought from a physician or clinic where there is experience in the management of Hepatitis infections.***

## **Infectious Diseases**

### **REFEREES AND GAME OFFICIALS**

1. Officials/Referees must report all open cuts and abrasions at the first available opportunity.
2. It is strongly recommended that those who officiate in body contact and collision sports should be vaccinated against Hepatitis B. and continue with the booster vaccinations
3. All contaminated clothing and equipment must be replaced prior to the skater being allowed back on the ice.
4. If bleeding should recur, the above procedures must be repeated.
5. If bleeding cannot be controlled and the wound securely covered, the skater must not continue in the competition/training session.