



## **Infectious Diseases Policy**

(With particular reference to HIV and Hepatitis)

This policy is based on the guidelines provided by Sports Medicine Australia – SA and will be reviewed regularly and updated accordingly.

It is strongly recommended that all contact or collision sports team physicians, other sports medicine staff, coaches, referees, team managers, administrators, players and their parents be informed of this policy and adopt its common sense recommendations.

A number of infectious diseases can be transmitted during body contact and collision sports. The more serious include HEPATITIS and HIV infections. These diseases may be spread by contact with infected:

- Blood
- Saliva (not for HIV)
- Perspiration (not for HIV) and
- Other bodily fluids.

**All open cuts and abrasions must be reported and treated immediately.**

**The following recommendations will reduce the risk of disease transmission.**

### **PLAYERS**

1. It is the players' responsibility to maintain strict personal hygiene as this is the best method of controlling the spread of these diseases.
2. It is strongly recommended that all participants, involved in sport and playing under adult rules, be vaccinated for HEPATITIS B.
3. Players with prior evidence of these infections must obtain clearance from a doctor prior to participation.

### **THE CLUB**

1. It is the Club's responsibility to ensure that at all 'official club' activities that there is an adequate first aid kit available and that someone with a Senior First Aid Certificate is present.

2. 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 and disinfectants must be available at all times.
3. Communal bathing areas (eg spas) should be strongly discouraged.
4. The practices of spitting and urinating in team areas must not be permitted.
5. All clothing, equipment and surfaces contaminated by blood must be treated as potentially infectious and treated accordingly.
6. Sharing of towels, face washers and drink containers must not occur.
7. All personnel working in team areas should be vaccinated for HEPATITIS B.
8. In all training areas, open cuts and abrasions must be reported to the coach and/or training manager and treated immediately.

## **REFEREES AND GAME OFFICIALS**

1. If referrers or game officials see any open cuts or abrasions on any player, they must stop play at the first available opportunity (within the rules of the game) and allow the player to be treated. This may mean the player leaves the field of play to be treated.
2. Those who officiate in body contact and collision sports should be vaccinated for HEPATITIS B.
3. All contaminated clothing and equipment must be replaced prior to the player being allowed to resume play.
4. If bleeding should occur, the above procedures must be reported.
5. If bleeding cannot be controlled and the wound securely covered, the player must not continue in the game.

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

## **EDUCATION**

There is an obligation upon all clubs to provide suitable information on the associated risk factors and prevention strategies for these diseases.

The safe handling of contaminated clothing, equipment and surfaces must be brought to the attention of all players and ancillary staff.