



## ATHLETICS NORTH QUEENSLAND

### Infectious Disease Policy

(With particular reference to HIV (AIDS) and Hepatitis B)

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

#### Policy Statement on Infectious Diseases

A number of blood-borne infectious diseases can be transmitted during body contact and collision sports. The more serious include **Hepatitis and HIV (AIDS)** infections. These diseases may be spread by contact between broken skin or mucous membranes and infected:

- blood
- saliva (not HIV)
- semen and vaginal fluids.

N.B. There is no evidence that sweat/urine and tears will transmit Hepatitis B or HIV. The following recommendations will reduce the risk of transmitting infectious diseases:

#### Competitors

1. It is the athletes 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 competitors involved and playing under adult rules be **vaccinated** against **Hepatitis B**.
3. All participants with prior evidence of these diseases are strongly advised to **obtain confidential advice** and clearance from a doctor prior to participation.
4. All open cuts and abrasions must be reported and **treated immediately**.



## Team Areas

1. It is the association'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-towel, brooms, refuse disposal bins and disinfectants, must be available at all times.
2. **Communal bathing areas** (e.g. spas) should be **strongly discouraged**.
3. The practices of **spitting and urinating** in team areas must **not be permitted**.
4. All clothing, equipment and surfaces contaminated by blood must be **treated as potentially infectious**. Household bleach in a 1:10 solution may be used to wash contaminated areas and white clothing should be soaked in 1:10 solution bleach for 30 minutes before washing. Bleach should be rinsed off after use. Coloured clothing should be soaked in disinfectant for 30 minutes then washed at high temperatures on a long cycle.
5. **Sharing** of towels, shaving razors, face washers and drink containers must not occur.
6. It is strongly recommended that all personnel working in team areas should be **vaccinated** against **Hepatitis B**.
7. In all training areas, open cuts and abrasions must be reported to the coach and **treated immediately**

## Officials

1. Officials must **report all open cuts and abrasions** to medical staff at the first available opportunity.
2. It is strongly recommended that those who officiate in body sports should be **vaccinated** against **Hepatitis B**.
3. All contaminated clothing and equipment **must be replaced** prior to the athlete being allowed to resume competition.
4. If bleeding should recur, the above procedures **must be repeated**.
5. If bleeding cannot be controlled and the wound securely covered, the athlete **must not continue competing**
6. Those handling bleeding players should wear disposable rubber or plastic gloves. Resuscitation bags or disposable mouth to mouth devices should be available.



## Education

There is an obligation upon all relevant sporting organisations to **provide suitable information** on the associated **risk factors** and **prevention strategies** against these diseases. Additional information may be obtained from local doctors or state health departments.

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

Although Hepatitis B vaccination is usually effective in raising immunity to Hepatitis B, it provides no protection against other blood-borne diseases such as HIV. Vaccination must not result in any relaxation of hygiene standards.

*For further information on infectious disease control contact your local GP or State Health Department. If you require further information on this policy contact your State Branch of Sports Medicine Australia.*

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