

EOSSAA POLICY FOR BLOOD AND BODY FLUIDS IN THE ATHLETIC SETTING

1. Prevention Policies:

- a) Prior to participation in a competition, any wound including abrasions or rashes, on athletes, coaches and officials must be securely covered.
- b) If a bleeding injury occurs to any participant during the course of the competition, the individual must be removed from the competition until the bleeding has been stopped. The wound must be cleansed with an antiseptic solution and securely covered before the individual can re-enter the competition. Note: If an official is bleeding, the game shall be held up until that official is ready to resume unless it appears that the delay will take too long, at which time the other official(s) may decide to continue the competition.
- c) Should blood appear on any part of a participant's uniform or protective equipment which is exposed to other participants, the uniform/equipment must either be changed or cleaned before participation can resume.
- d) The athlete may change into a uniform bearing a different number. The opposing coach and official scorers must be made aware of this change prior to the resumption of play.
- e) Athletes will be permitted to wear a practice T-shirt or singlet bearing the athlete's uniform number in the same dominant colour as the official team uniform.
- f) All equipment or playing surfaces which come in contact with blood shall be cleaned with a solution of one part household bleach and one hundred parts water - 10 ml. bleach to 1 litre of water. This solution must be freshly prepared before every competition.

2. Recommended Practices:

- a) Any personnel dealing with body fluids or open wounds should wear rubber or latex gloves. Gloves must be disposed and replaced after each individual is treated.
- b) Stop the bleeding, cover the wound and change the uniform if contaminated with signs of blood.
- c) Remove gloves and wash hands with soapy water after treating a bloody wound or cleaning blood stained surfaces.
- d) Clean any surface or equipment with appropriate disinfectant and clean clothes or skin with soap and water or appropriate antiseptic.
- e) Use proper disposal procedures for equipment and contaminated clothing.
- f) Use ventilation device for emergency resuscitation.
- g) Personnel with open skin conditions should not have direct contact with bleeding athletes.
- h) Dispose of infected clothes and/or towels.
- i) Encourage athletes involved in contact sports to wear protective equipment that may prevent bloody injuries during competition (eg. mouth guards).
- j) Keep instruments designed for piercing skin sterile, use them only once. **Do not share.**
- k) All participants must use individual water bottles. Encourage athletes not to share personal items which may pierce the skin or mucous membranes (i.e. razors, nail clippers).
- m) Encourage athletes to render first aid to themselves and cover their own wounds whenever possible. Athletes should clean up their own blood from equipment, uniforms and athletic surfaces, if possible.