

BLOOD AND INFECTIOUS DISEASES POLICY

Policy Name:	Blood and Infectious Diseases Policy
Date of Approval:	20-6-2016
Signature:	P. Monni
Next Review:	August 2017

POLICY STATEMENT

Mitchelton Youth Club's Blood and Infectious Diseases Policy has been adapted from the Sports Medicine Australia (SMA) Infectious Diseases Policy. The Blood and Infectious Disease Policy applies to all people within Mitchelton Youth Club Inc. venues including employees, members, participants, volunteers and visitors.

PURPOSE

The aim of Mitchelton Youth Club Inc. Blood and Infectious Diseases Policy is to provide a safe environment for all.

A number of infectious diseases can be transmitted during close contact, body contact and contact with blood and body fluids in the gymnastics and judo environment.

Disease spread by close contact include: influenza, common colds, gastroenteritis and skin infections. These diseases may be spread by droplet spread (coughing, sneezing), direct contact between broken skin or mucous membranes and sharing of cutlery or drink bottles.

Skin infestations such as lice or ticks may be spread by sharing of infected clothing and towels.

Disease that may be spread by contact with blood and body fluids include the more severe viral infections such as hepatitis and HIV/AIDS. Transmission of these infections may be extremely debilitating and potentially disastrous for the individual.

RATIONALE

Mitchelton Youth Club Inc. identifies a responsibility to educate our members on the dangers of blood and infectious diseases and how to protect themselves. By providing Mitchelton Youth Club Inc. members and staff with a Blood and Infectious Disease Policy we are both protecting and educating them.

DEFINITIONS

- Member; being an athlete member of Mitchelton Youth Club Inc. or any person who has paid for membership/classes with Mitchelton Youth Club Inc. A member is also a coach, judge, volunteer and/or committee member.
- Visitors; being spectators who are family or friends of Members, competing athletes and contractors and other work-related personnel.

POLICY

It is the policy of Mitchelton Youth Club Inc. that all possible attempts shall be made to prevent cross-infection, via blood or other body fluids, from occurring from person to person during gymnastic or judo activities.

Members

- It is every member's responsibility to maintain strict personal hygiene at all times.
- It is recommended that all participants be vaccinated against Hepatitis B
- Members with a high temperature ($>38^{\circ}\text{C}$) should not attend the gym.
- Members should wear clothing to cover any areas of skin infection that may come into contact with apparatus, or cover the area with a secure dressing.

- All members with prior evidence of these diseases are strongly advised to obtain confidential advice and clearance from a doctor prior to participation.
- When a member notices bleeding he/she should make every effort to seek medical attention, to stop the bleeding and cover the wound as soon as possible, or immediately when directed by coach.
- A member with a bleeding wound, shall not be able to resume Competition or Training until appropriate medical attention has been given, and the area of bleeding deemed to be safe for return to training / competition, to the satisfaction of the Coaching Director or Club Manager.
- Sharing of towels, face washer and drink containers must NOT occur.
- The practice of spitting is NOT permitted

Blood or Body Fluid Contact

If blood or other body fluids spill onto you or someone else or if contact has been made with an open wound, broken skin or mucous membranes (mouth, eyes) the following precautions are recommended:

- Wash the area of contact thoroughly with soap and warm water
- If the blood contacted your mouth or eyes, rinse very well with water
- See your own doctor as soon as possible

Cleaning of Blood and/or Body Fluids

All clothing, equipment and surfaces contaminated by blood must be treated as potentially infectious. Equipment and surfaces should be cleaned immediately if soiling or spill occurs.

When cleaning up blood and body substances:

- Gloves must be worn
- If the spill is large, confine and contain the spill
- Remove the bulk of the blood and body substance with absorbent material eg. paper towels
- Place the paper towels in a sealed plastic bag and dispose into the wheelie bin.
- Wipe the site with disposable towels soaked in warm water and detergent. If there is a blood contamination on porous surfaces such as carpet, leather and material covered apparatus, then flood the area with the water and detergent solution and absorb excess fluid with paper towels. A solution of 1:10 bleach and water may be used.
- Routine laundry procedures are adequate for the processing of linen. 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 to release the blood prior to a normal hot detergent wash.
- 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 discarded after use.
- Contaminated linen soiled with blood or body substances should be transported in a leak-proof plastic bag to the laundry site to contain the body fluid and stop it spreading to other laundry items.

POLICY EDUCATION

Multiple modes of communication will be utilised to increase awareness of the policy amongst Mitchelton Youth Club Inc. staff, members and visitors. The following modes of communication will ensure ongoing awareness:

- The policy will be available on the Mitchelton Youth Club Inc. website
- A hard copy will be available upon request from the office
- Included in the welcome pack for new members
- The safe handling of contaminated clothing, equipment and surfaces will be brought to the attention of all staff and volunteers

POLICY COMPLIANCE

The following is the directive of the Mitchelton Youth Club Inc. Blood and Infectious Diseases Policy. These guidelines are to be followed by all members at appropriate times and venues.

CONFIDENTIALITY AND REPORTING

- Breaches of this Policy must be reported to Mitchelton Youth Club Inc. management within 14 days of any occurrence.
- Breaches of this Policy must be kept confidential and disclosure to any third party beyond Mitchelton Youth Club Inc. management is not permitted.

POLICY OUTCOMES

Anticipated outcomes of Mitchelton Youth Club Inc. Blood and Infectious Diseases Policy are as follows:

- Increased awareness of Blood and infectious diseases and their dangers.
- Healthy members
- Widespread awareness of the Policy purpose and rationale.
- Promotion of Mitchelton Youth Club Inc. as a leading example of a healthy and progressive organisation.