

## Indian Rim Asian University Games Infectious Disease Policy

As at 2.8.07

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 for HIV), semen and vaginal fluids.

*Note: there is no evidence that seat/urine and tears will transmit Hepatitis B or HIV.*

### 1. THE FOLLOWING RECOMMENDATIONS WILL REDUCE THE RISK OF TRANSMITTING INFECTIOUS DISEASES:

- 1.1 All Open cuts and abrasions must be reported and treated immediately. In all training areas, open cuts and abrasions must be reported to the coach and treated immediately.
- 1.2 Competitors:  
It is all participants' responsibility to maintain strict personal hygiene as this is the best method of controlling the spread of these diseases. It is strongly recommended that all participants involved in the contact/collision sports be vaccinated against HEPATITIS B. All participants with prior evidence of these diseases are strongly advised to obtain confidential advice and clearance from a doctor prior to participation.
- 1.3 Team Areas:  
It is the host'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.
- 1.4 Communal bathing areas (i.e. spas) should strongly be discouraged.
- 1.5 The ***practices of spitting and urinating in team areas must not be permitted.***
- 1.6 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. Colour clothing should be soaked in disinfectant for 30 minutes then washed at high temperature on a long cycle.
- 1.7 Sharing of towels, shaving razors, face washers and drink containers **MUST NOT** occur.
- 1.8 It is strongly recommended that all personnel working in contact/collision sport team areas should be vaccinated against HEPATITIS B. In all training areas, open cuts and abrasions must be reported to the coach and treated immediately.
- 1.9 Referees and Game Officials:  
Officials must report all open cuts and abrasions to medical staff at the first available opportunity.
- 1.10 It is strongly recommended that those who officiate in body contact and collision sports should be vaccinated against HEPATITIS B.
- 1.11 All contaminated clothing and equipment must be replaced prior to the player being allowed to resume play.
- 1.12 If bleeding should recur, the above procedures must be repeated. If bleeding cannot be controlled and the wound securely covered, the player must not continue in the game.
- 1.13 Those handling bleeding players should wear disposable plastic or rubber gloves.
- 1.14 Resuscitation bags or disposable mouth to mouth devices should be available.

### 2. INFECTIOUS WASTE HANDLING AND DISPOSAL PROCEDURES

- 2.1 Definitions:  
**Potentially infectious clinical waste** is waste which is contaminated with human blood or body fluids, generated during the treatment or investigation of any person even though an infection is not known or suspected to be present.  
**Sharps** are objects or devices having acute rigid corners, edges, points or protuberances capable of cutting or penetrating the skin. Common examples include metal needles, disposable splinter probes, broken glass or hard plastic.
- 2.2 Handling Procedures:  
Disposable plastic or rubber gloves must be worn whilst treating athletes, and whilst handling potentially infectious waste created as a result of that treatment. Potentially infectious waste is only to be handled by official sports medicine personnel.
- 2.3 Disposal Procedures:  
Potentially infectious waste must not be stored within the first aid site overnight unless the area can be securely locked. The disposal bags must be tied securely for transportation to the central disposal bin. The central disposal bin will be located at the IRAUG Central Medical Clinic.  
*Extra bags are available for collection at the above mentioned Clinic.*