



Policy on Blood Borne Viruses

Policy

Blood borne viruses are those viruses that are transmitted from the blood of one person to the blood of another person. Of particular concern in sport are Hepatitis B, C and HIV. Currently there is an effective vaccination available for Hepatitis B, but not for C or HIV.

The NTIS follows the recommendations of Sports Medicine Australia (SMA) and the Australian National Council on AIDS, Hepatitis C and Related Diseases (ANCAHRD), and strongly recommends athletes, coaches and service providers who are at risk of becoming in contact with blood or other body fluids of a competitor to be vaccinated against Hepatitis B.

In line with this recommendation, the NTIS will fund the three-injection vaccination course, required to gain protection against Hepatitis B, for any elite and elite development scholarship holder, coach or service provider who indicates they wish to and have not previously been vaccinated. Parental permission will be required for athletes under the age of 18.

The NTIS requires all coaches and service providers to attend an initial education session to ensure current knowledge and awareness with respect to transmission risks, minimisation strategies and familiarisation with NTIS policy and procedures, in relation to blood borne viruses. Attendance at a refresher / update session is recommended on an annual basis.

The NTIS requires all athletes to attend one education session per year, which will promote awareness and prevention strategies for contracting blood borne viruses. Parents / guardians of athletes will be strongly advised to attend.

The NTIS encourages all athletes, coaches and service providers to practise risk prevention strategies in their daily non-sporting activities, to minimise the risk of transmission during their sporting activities.

All athletes, coaches and service providers must strictly follow the NTIS blood rules, shown at end of policy document, to help minimise the risk of transmitting a blood borne virus.



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Procedure

At the commencement of each scholarship year the NTIS will fund the three-injection course for Hepatitis B vaccination for all elite and elite development athletes who indicate they wish to be vaccinated. Coaches and service providers who have not previously been vaccinated will be offered vaccination at this time.

Education sessions to promote awareness and strategies to prevent risk of transmission will be conducted at the commencement of each scholarship year.

Educational update sessions will be run annually for coaches and service providers.

Responsibilities

Coach:

1. To ensure the *athlete* education session on blood borne viruses and prevention of transmission is conducted for their squad.

Coach Athlete Program management:

1. To ensure the *coach* education program is conducted.

Sports Medicine Co-ordinator:

1. To assist the coach and CAP management with the provision of coach and athlete education as requested, in terms of accessing resources.
2. To provide coach and athlete with information regarding the procedures, and assist with the arrangements, for athletes to receive Hepatitis B immunisation.
3. To advise the coach and CAP management with respect to any policy or procedural issues.
4. To advise any non-vaccinated elite and elite development of their scholarship entitlement.



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Blood Rules

Taken from *Blood Rules, OK* (SMA 2001) and ANCAHRD Bulletin no. 19 June 2001

- All pre-existing wounds must be adequately covered during training and competition
- An athlete who is bleeding or has blood on their clothes, must leave the playing / training area immediately and seek first aid or medical attention
- The bleeding must be stopped, the wound dressed and any blood cleaned from the clothing and body parts before the athlete may return to the playing / training area
- If blood spills on to the playing / training surface, activity must be stopped until all blood is cleaned from the area
 - wear gloves
 - mop up any excess spill with a paper towel and dispose of in a plastic bag
 - clean the surface with warm water and detergent or soap
 - disinfect the surface by washing with a solution of 1 part household bleach, containing 5.25% sodium hypochlorite, and 9 parts water, and dry with a clean paper towel
 - discard all rubbish in a plastic bag
 - plastic bags containing blood soiled items must be disposed of by incineration
- Direct contact with the blood or body fluid of another person should be avoided at all times,
- New gloves must be worn for each incident
- Any towels or equipment covered with blood should be either disposed of in a plastic bag or stored in a plastic bag in readiness for cleaning as per the guidelines after the session
- If someone else's body fluid or blood comes into contact with you or another person, the following precautions are recommended:
 - contact with an open wound wash the area thoroughly with soap and warm water
 - contact with mouth or eyes rinse very well with water
 - see your doctor as soon as possible for further advise and management
- If equipment or clothing gets blood spilled on to it,
 - wash the item in cold water first then in hot water with detergent