**BENDIGO ACADEMY OF SPORT**

**INFECTIOUS DISEASES**

It is strongly recommended that all contact sports coaches, athletes and their parents be informed of this policy and adopt its common sense recommendations.

A number of blood-borne infectious diseases can be transmitted during body contact 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.

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**

**All open cuts and abrasions must be reported and treated immediately.**

**PLAYERS**

1. It is every participant's 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 participants involved in contact sport 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.

**TEAM AREAS**

1. It is each sporting program’s responsibility to ensure that their changing 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.

2. The practices of spitting and urinating in team areas must not be permitted.

3. All clothing, equipment and surfaces contaminated by blood must be treated as potentially infectious and treated accordingly.

4. Sharing of towels, face washers and drink containers must not occur.

5. It is strongly recommended that all staff working in contact sport team areas should be vaccinated against HEPATITIS B.

6. In all training areas, open cuts and abrasions must be reported to the coach and treated immediately.

**TOURNAMENTS/ MATCHES**

1. It is strongly recommended that those officiating in body contact sports should be vaccinated against HEPATITIS B.

2. Officials must report all open cuts and abrasions to team coaches/managers at the first available opportunity.

3. All contaminated clothing and equipment must be replaced prior to the player being allowed to resume playing.

4. If bleeding should recur, the above procedures must be repeated.

5. If bleeding cannot be controlled or the wound securely covered, the player must not continue playing.

**EDUCATION**

1. There is an obligation upon all relevant sports staff to provide suitable information on the associated risk factors and prevention strategies against these diseases. Additional information may be obtained from doctors or state Health Departments.

2. The safe handling of contaminated clothing, equipment and surfaces must be brought to the attention of all players and associated staff.

3. 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. Vaccinations must not result in any relaxation of hygiene standards.

This policy was ratified by the Board of the Bendigo Academy of Sport in September 2011