

INFECTIOUS DISEASES POLICY

The ALA will follow the most up to date health information provided by Federal and state governments and other sport agencies such as Sports Australia and Sports Medicine Australia relating to all infectious diseases. ALA will monitor and apply any recommendations, restrictions, protocols and best practises directed by the list bodies above.

CORONAVIRUS DISEASE (COVID-19)

Transmitted by contact with infectious persons, inhalation of virus particles, or contact with infected surfaces

As COVID-19 is extremely volatile and easily spread from person to person, precautions must be taken.

Everyone should wash their hands often with soap and water for at least 20 seconds especially after being in a public place, or after blowing your nose, coughing, or sneezing. It is especially important to wash your hands before eating or preparing food, before touching your face, after using the toilet, after touching animals or pets. If soap and water are not readily available, use a hand sanitiser that contains at least 60% alcohol, cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose and mouth with unwashed hands.

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit. Throw used tissues in a rubbish bin. Immediately wash your hands with soap and water for at least 20 seconds or if soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Be alert for symptoms. Watch for fever/raised temperature, dry cough, shortness of breath, tiredness, loss of taste/smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhoea, skin rash. Don't take your temperature within 30 minutes of exercising or after taking medication that could lower your temperature, like acetaminophen.

If symptoms develop, you must have a COVID-19 test and be isolated until the result is known to prevent spreading this disease.

Sports Medicine Australia

A number of **blood-borne infectious diseases** can be transmitted during body contact and collision sports. The more serious include viral hepatitis and HIV (AIDS) infections. It is important to remember that more common diseases, such as the common cold, flu, and herpes simplex may be spread during body contact sports.

These may be extremely debilitating and potentially disastrous for the team and/or individual. These diseases may be spread by direct contact between broken skin or mucous membranes and infected blood and other body fluids and substances.

Note: There is no current evidence that sweat, urine or tears will transmit these infective viruses.

The following recommendations may 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 at all times, in all activities on and off the field (this includes safe sex by the use of condoms), as this is an effective method of controlling the spread of disease.
2. It is strongly recommended that all participants involved in contact/collision sports and playing under adult rules 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 the Host Association'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.
2. Communal bathing areas (e.g. spas) should be strongly discouraged. These may be the source of other diseases (e.g. Legionnaire's disease) as well as facilitating the spread of the blood borne diseases mentioned above.
3. The practices of spitting and urinating in team areas is not permitted.
4. All clothing, equipment and surfaces contaminated by blood must be treated as potentially infectious. Equipment and

surfaces should be cleaned immediately if soiling or spills occur.

When cleaning up blood and body substances

- Gloves must be worn
- If the blood spill is large, confine and contain the spill (i.e. try not to let it run everywhere)
- Remove the bulk of the blood and body substances with absorbent material, e.g. paper towels
- Place the paper towels in a sealed plastic bag and dispose with normal garbage, Clean the spill site with a detergent solution
- Wipe the site with disposable towels soaked in a 1:10 solution of bleach.

Routine laundry procedures are adequate for the processing of all 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 only to release the blood prior to a normal hot detergent wash.

Gloves should be worn when handling or washing soiled linen. General utility gloves, i.e. rubber household gloves, can be used for this task. The gloves should be washed in detergent after use, or discarded if they are peeled, cracked, discoloured, torn, punctured or have other evidence of deterioration.

Contaminated linen soiled with blood or body substances should be transported in a leak proof plastic bag to the laundry site simply to contain the body fluid and stop it spreading to the other laundry items. Contaminated linen does not need to be segregated in the hot detergent wash.

5. Sharing of towels, shaving razors, face washers and drink containers **MUST NOT** occur.
6. It is strongly recommended that all personnel working in contact/collision sport team areas should be vaccinated against Hepatitis B.
7. Water containers should be available for each individual player and not shared by players as bleeding around the mouth is common in contact sports.

Minimising the Risk of HIV and Viral Hepatitis Transmission:

The following are principals recommended by SMA and ANCARD to help further reduce the low possibility of HIV or Viral Hepatitis transmission while participating in sports which involve direct body contact or where bleeding may be expected to occur.

1. Those attending to bleeding players should wear non-utility gloves, i.e. disposable latex or vinyl gloves which must never be reused.

These must be worn when: direct contact is anticipated with blood or body substances, mucous membranes, or non-intact skin, as when attending to first-aid of a bleeding player or handling items or contact surfaces contaminated with blood or body substances.

Gloves must be changed and discarded as soon as they are torn or punctured or after contact with each player.

Hands must be washed after removal and disposal of gloves.

2. Disposable resuscitation devices should be available and accessible. They should be used for anyone requiring mouth-to-mouth contact between the injured person and the resuscitator.
3. If a player has a skin lesion it must be immediately reported to the responsible official and medical attention sought.
4. If a skin lesion is observed it must be immediately cleansed with suitable antiseptic and securely covered.
5. If a bleeding wound occurs the individual's participation must be interrupted until the bleeding has been stopped and the wound is both rinsed with plenty of water and if dirty, washed with soap and covered with a waterproof dressing.
6. Separate first-aid room should be available for the treatment and suturing of wounds.

Action to be Taken in the Event of a Blood Spill:

In an accident where bleeding occurs and if –

1. skin is penetrated or broken, the immediate first aid is to clean the wound with soap and water only. If water is not available a 70% alcohol hand rub should be used.
2. Clothes are bloodstained, they should be changed for clean ones once the wound has been treated. They should be handled with rubber gloves and treated as above.
3. Blood gets on the skin, irrespective of whether they are cuts or abrasions, wash well with soap and water.
4. Eyes are contaminated rinse the area gently but thoroughly, with the eyes open, with water or normal saline.
5. A player is wearing contact lenses :
 - Leave the contact lenses in while the eye is irrigated with water or normal saline, the contact lenses are acting as a barrier to the eye.

- When the eye has been adequately irrigated for several minutes, remove the contact lenses and clean in the normal manner.
- They can be reused. They do not have to be cleaned any differently than normal and they do not need to be discarded.

6. Blood gets in the mouth, spit it out and rinse the mouth with water several times.

Where there is an additional concern about infection, medical advice should be sought from a physician or clinic where there is experience in the management of HIV infection.

Game Officials:

1. Officials must report all open cuts and abrasions at the first available opportunity.
2. It is strongly recommended that those who officiate in body contact and collision sports should be vaccinated against Hepatitis B.
3. All contaminated clothing and equipment must be replaced prior to the player being allowed to resume play.
4. If bleeding should recur, the above procedures must be repeated.
5. If bleeding cannot be controlled and the wound securely covered, the player must not continue in the game.