



**Australian
Taekwondo
QLD**

SPORTS TAEKWONDO QUEENSLAND INC.
TRADING AS
AUSTRALIAN TAEKWONDO QUEENSLAND

INFECTIOUS DISEASE POLICY

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DOCUMENT MANAGEMENT

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CONTENTS

Document Management.....i

Introduction.....1

Purpose.....1

SCOPE.....1

Policy.....1

Minimising the risk of hiv and viral hepatitis transmission.....3

Action to be taken in the event of a blood spill.....4

INTRODUCTION

Australian Taekwondo Queensland (ATQ) has a duty of care to provide a safe environment for all participants at ATQ sanctioned events. This policy was prepared in accordance with 'Sports Medicine Australia' policy.

A number of blood-borne infectious diseases can be transmitted during body contact sports. The more serious include VIRAL HEPATITIS and HIV (AIDS) infections.

It is important to remember that the 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 person. These diseases may be spread by direct contact between broken skin or mucous membranes and infected blood and other body fluids and substances.

There is no current evidence that sweat, urine or tears will transmit these infective diseases

PURPOSE

To provide an infectious disease policy for all events sanctioned by Australian Taekwondo Queensland (ATQ)

SCOPE

It is strongly recommended that the following people involved in contact or collision sports be informed of this policy and adopt its recommendations

- Team physicians
- Other sports medicine staff
- Coaches
- Referees
- Team managers
- Administrators
- Athletes and their guardians.

POLICY

ATQ recommends all open cuts and abrasions be immediately reported and treated immediately.

It is recommended **players** observe the following guidelines.

- To maintain strict personal hygiene at all times, in all activities before, during and after all activities (this includes safe sex by the use of condoms), as this is an effective method of controlling the spread of disease
- It is recommended all those involved in contact with other athletes be vaccinated against Hepatitis B

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- That those with prior evidence of these diseases are strongly advised to obtain confidential advice and clearance from a doctor prior to participation

It is recommended that all areas including competition areas where taekwondo is practised in any form utilise the following conditions

- That 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.
- 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.
- The practices of spitting and urinating in team areas must NOT be permitted.
- All clothing, equipment and surfaces (including protective equipment, mats) contaminated by blood must be treated as potentially infectious. Equipment and surfaces should be cleaned immediately if soiling or spills occur. When cleaning 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 substance 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 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 normal hot detergent wash.
- Gloves should be worn when handling or washing soiled linen or protective equipment. General utility 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.
- Sharing of towels, shaving razors, face washers, mouthguards, and drink containers must not occur.
- It is strongly recommended that all personnel involved in ATQ sanctioned events should be vaccinated against Hepatitis B.
- Water containers should be personally utilised and not shared by others as bleeding around the mouth is common in combat sports.

It is strongly recommended all **referees, coaches, managers and officials** observe the following guidelines.

- Report all open cuts and abrasions at the first available opportunity to the sports medical team.
- It is strongly recommended they should be vaccinated against Hepatitis B
- All contaminated clothing and equipment must be replaced prior the athlete being allowed to resume play.
- If bleeding should recur, the above procedures must be repeated.
- Take advice from the sports medico at the event at all times.
- If the bleeding cannot be controlled and the wound securely covered, the athlete must not continue.

MINIMISING THE RISK OF HIV AND VIRAL HEPATITIS TRANSMISSION

The following are principals recommended by Sports Medicine Australia 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

- Those attending to bleeding athletes 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-contact 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; and or after contact with each player.
- Hands must be washed after removal and disposal of gloves.
- Disposable resuscitation devices should be available and accessible. They should be used for anyone requiring mouth-to-mouth cardiopulmonary resuscitation (CPR). Any CPR training provided should include instruction in the use of resuscitation devices to prevent direct mouth-to-mouth contact between the injured person and resuscitator.
- If an athlete has a skin lesion, they must be immediately reported to the responsible sports medico and medical attention sought.
- If a skin lesion is observed, it must be immediately cleansed with suitable antiseptic and securely covered.
- 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.
- Separate first aid room should be available if needed for the treatment and suturing of wounds if needed.

ACTION TO BE TAKEN IN THE EVENT OF A BLOOD SPILL

In an incident 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 blood stained; 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 skin, irrespective of whether they are cuts or abrasions was 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:
 - a. 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.
 - b. When the eye has been adequately irrigated for several minutes, remove the contact lenses and clean in the normal manner.
 - c. 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.

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