

# SABER ACADEMY

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## Blood Policy

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Blood Policy, V1,

March 2025

To be reviewed March 2029

## **Blood Policy**

This policy relates to all official Saber Academy activities.

A number of blood-borne infectious diseases can be transmitted during activities such as Weapons combat, Aikido, Jujitsu and Kenjutsu and has been widely recognised for many years. The more serious include viral Hepatitis and HIV (AIDS) infections. These diseases may be spread by direct contact between broken skin or mucous membranes and infected blood and other body fluids and substances.

Note: The risk of being infected with a blood-borne virus through martial arts is extremely low, however infection is possible.

The risk can be minimized even further, by following the items in this policy. There is no current evidence that sweat, urine or tears will transmit these infectious viruses.

### **Active participants in martial arts activities**

- It is every participant's responsibility to maintain strict blood and body fluid safety at all times, in all activities.
- It is the responsibility of all participants to maintain strict personal hygiene, by covering any cuts or abrasions, with an impermeable waterproof dressing.
- Open cuts and abrasions, occurring during a match or training, must be reported and treated immediately.
- Players should avoid unnecessary contact with the blood of other students. Where possible, any clothing with blood on it, should be removed and replaced, by fresh clean clothing as soon as possible.
- All students with a recent history of infectious disease, should discuss the potential hazards of participation in sport with a doctor. Chronic carriers of blood borne diseases, should also seek medical clearance and advice. They may not be excluded from participating in contact sports.
- Sharing of towels, drink containers and other personal items should be avoided.

### **Officials**

- Any participant who has an open or bleeding wound (including nose bleeds) must leave the dojo floor, until the bleeding is controlled and the wound is covered or dressed.
- When bleeding cannot be controlled, the player must not be permitted to return to the activity.
- Persons attending to bleeding participants shall wear disposable gloves. Disposable mouth-to-mouth resuscitation devices should also be available.