



Infectious Disease Policy

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March 2025

To be reviewed March 2029

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The aim of this policy is to decrease the risk of exposure to infectious disease whilst at training/competition/grading at events organised by Saber Academy. 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) infection. 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.

It is strongly recommended that the following people be informed of this policy and adopt its recommendations:

- instructors and officials;
- administrators; and
- athletes and their parents.

Background Information on the Prevention of Viral Hepatitis and HIV (AIDS)

Some sports carry a greater risk of contamination than others in so far as there is a greater possibility of blood contact. Contact can occur through open and bleeding wounds as well as through abrasive or inflammatory injuries to the skin.

In the field of sports one should know that the AIDS virus cannot be transmitted by saliva, sweat, urine, skin contact, handshakes, bath water, swimming pools, showers or toilets. Light washing with detergent or water does not necessarily kill the HIV. HIV can survive in dried blood for up to seven days. The risk of blood on clothing being transmitted to another player is extremely small, but real.

Minimising The Risk Of Viral Hepatitis And HIV (AIDS) Infections

Transmitted diseases like Viral Hepatitis (eg B and C) and HIV (AIDS) may be extremely debilitating and potentially disastrous for the athletes, the team, and associated personnel. These infections may be spread by direct contact with infected blood and other body fluids onto broken skin or mucous membranes.

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

Instructors

All instructors teaching at Saber Academy, contracted to conduct services for Saber Academy, or affiliated with Saber Academy clubs must:

- Hold current first aid certification
- Maintain valid professional indemnity and liability insurance
- Report all open cuts and abrasions immediately for first aid attention
- Consider being vaccinated against Hepatitis B if officiating in competitions

All contaminated training attire and protective equipment must be replaced prior to the athlete being allowed to resume. If bleeding cannot be controlled and the wound securely covered, the athlete must not continue. However, if bleeding should recur, the above procedures must be repeated.

Athletes

It is every athlete's responsibility to maintain strict personal hygiene at all times, in all activities on and off the mat. It is recommended that all athletes involved in contact activities and playing under adult rules consider being vaccinated against Hepatitis B.

All participants with prior evidence of these infections are strongly advised to obtain confidential advice and clearance from a doctor prior to training/competition/grading.

Training Facilities

It is the responsibility of the Senior Instructor on duty to ensure that the change rooms (including female/male amenities) are clean and tidy. Particular attention should be paid to hand-basins and toilets.

Adequate soap, paper hand towels, brooms, waste disposal bins and disinfectants must be available at all times at in-person training locations. The practice of spitting must NOT be permitted.

All training attire, protective equipment or any other equipment and surfaces contaminated by blood must be treated as potentially infectious. Such items must be removed and placed in an appropriate container specific for this purpose which is the responsibility of the athlete.

Contaminated equipment and surfaces must be cleaned immediately as outlined below.

Online Training

For online training sessions, participants are responsible for maintaining hygiene in their own training space. Instructors should remind participants of the importance of personal hygiene and proper wound care during all sessions.

General Instructions for Cleaning Blood and Body Fluids

Immediate Response

1. Stop training immediately in the affected area
2. The injured person should be attended to by a qualified first aider
3. The injured person must be removed from the training area until bleeding is controlled and the wound is properly covered
4. Any person assisting with blood or body fluid cleanup must wear disposable gloves

Cleaning Equipment and Surfaces

1. Use disposable paper towels/cloths to clean up blood and body fluid spills
2. Dispose of blood-stained paper towels/cloths in a biohazard bag or sealed plastic bag
3. Clean the contaminated area with a fresh solution of household bleach (1 part bleach to 10 parts water) or an approved disinfectant
4. Allow the area to air dry for at least 10 minutes before resuming training
5. Dispose of gloves in a biohazard bag or sealed plastic bag after cleaning is complete
6. Wash hands thoroughly with soap and water after removing gloves

Contaminated Clothing and Equipment

1. Blood-contaminated clothing or equipment must be sealed in a plastic bag and removed from use
2. Clothing should be washed separately in hot water (at least 80°C) with detergent
3. Equipment should be disinfected according to manufacturer's instructions
4. If items cannot be effectively cleaned, they should be discarded appropriately

Reporting

1. All blood spills must be reported to the Senior Instructor
2. A record should be kept of the incident including:
 - a. Date and time
 - b. Location
 - c. Individuals involved
 - d. Nature of the injury
 - e. Cleaning measures taken

Prevention

1. All open wounds must be covered during training
2. Athletes with active bleeding cannot participate until the bleeding is controlled
3. First aid kits must include disposable gloves, disinfectant, plastic bags, and paper towels
4. Regular inspection of training areas for potential hazards