

# IOWA HIGH SCHOOL ATHLETIC ASSOCIATION REVIEW OF BLOOD-BORNE PATHOGEN PROCEDURES

I. **Host schools** are expected to ***designate a trained individual to properly handle situations involving blood and other body fluids which contaminate any part of the facilities being used.*** The facilities may include: wrestling mats, gym floor, pool area, locker room area, and any other areas being used by participants or spectators.

II. **Host schools** are expected to ***have available the necessary disposable supplies for cleaning the facilities without delay.*** These supplies should include: disinfectant, protective gloves, and containers labeled for hazardous waste disposal.

III. **Participating schools** are expected to ***have a trained individual to handle the cleaning of blood and other body fluids from their own athletes,*** and to ***use universal precautions*** when doing so.

IV. **Officials shall not be involved in cleaning blood** from the facilities or athletes. Officials should not handle blood and other body fluids, *except in cases where emergency first-aid is needed and the official is the most qualified person to provide that first-aid, ie. EMT's, athletic trainers, physicians, etc.*

**NOTE:** *These procedures should be followed during all regular season contests and during Iowa High School Athletic Association post-season tournaments.*

# IOWA HIGH SCHOOL ATHLETIC ASSOCIATION REVIEW OF RESPONSIBILITIES FOR DEALING WITH BLOOD, AND OTHER BODY FLUIDS

## I. SCHOOLS' RESPONSIBILITIES

**A. OSHA regulations require each school to have an exposure control plan which includes the following:**

1. *Training of school employees reasonably expected to have exposure to blood, and other body fluids in properly handling blood and other body fluids, and,*
2. *Protection of school employees designated as having occupational exposure by providing personal protective equipment and Hepatitis B vaccinations.*

**B. Iowa Department of Public Health and Iowa Department of Education require each school to do the following:**

1. *Have the necessary supplies available to properly handle situations where blood and other body fluids may be present,*
2. *Have trained personnel available to properly handle situations where blood and other body fluids are present.*

## II. SPORT OFFICIALS' RESPONSIBILITIES

**A. Determine if an athlete must leave the contest due to:**

1. *Bleeding, an open wound, or an excessive amount of blood on the uniform.*

**B. Determine when, and if, an athlete may return to participation after leaving due to bleeding or blood on the uniform.**

1. In the event of bleeding or an open wound, the athlete may return when:
  - a. *The bleeding is controlled,*
  - b. *The blood is cleaned from the athlete,*
  - c. *The wound is properly covered.*
2. In the event of blood on the uniform, the *athlete may return when the portion of uniform saturated or soaked with blood has been changed.*

## III. LIMIT OF SPORT OFFICIALS' RESPONSIBILITIES

**A. Officials shall not handle blood and other body fluids, except in cases where emergency first-aid is needed and the official is the most qualified person to provide that first-aid, ie. EMT's, athletic trainers, physicians, etc.**

**B. Officials may need a second uniform if theirs' becomes soaked or saturated with blood.**

NOTE: For all athletic contests, the Iowa High School Athletic Association expects the host school to accept the responsibility of properly cleaning any facilities contaminated with blood or other body fluids, and each athletic team to accept the responsibility of properly cleaning blood and other body fluids from their own athletes.

# **GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES**

**National Federation of State High School Associations (NFHS)  
Sports Medicine Advisory Committee (SMAC)**

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant *Staphylococcus aureus* (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

## **Universal Hygiene Protocol for All Sports:**

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

## **Infectious Skin Diseases**

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials, and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

## **Blood-borne Infectious Diseases**

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

## **Other Communicable Diseases**

Means of reducing the potential exposure to these agents include:

Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).

During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Blood-Borne Pathogens," "Infectious Mononucleosis" and "Skin Conditions and Infections" sections contained in the NFHS Sports Medicine Handbook.

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