

## **Fluid Spill Procedures**

At the beginning of each season, a team meeting will be held to discuss and reinforce the following:

1. The importance of reporting bleeding injuries;
2. Proper procedures for dealing with bleeding injuries;
3. The importance of not sharing equipment, supplies or clothing, (i.e. water bottles, mouth guards).

### **Procedures for Minor Bleeding Problems**

1. It is important that any time there is blood present that it be treated with respect regarding its ability to transmit infectious disease;
2. If an athlete sustains a minor bleeding problem, the athlete should be temporarily removed, or in the case of wrestling, the match stopped until preventive action is taken;
3. The bleeding should be stemmed and a fresh disinfectant solution used to remove blood from athletes skin, clothing or playing area;
4. The disinfectant solution should also be used to remove any blood from officials, opponents or their clothing;
5. The injured area should be covered with a plastic outer cover bandage where possible;
6. If the bleeding problem is severe enough, the competition should not be permitted to continue, not only from the standpoint of possible disease transmission, but also for the health and safety of the injured competitor;
7. Gloves should be worn at all times when dealing with blood spills.

### **Uniforms**

1. If the bleeding injury is minor, with a small amount of blood spilled on the uniform, the uniform may be wiped with fresh disinfectant solution;
2. If the blood spill covers a large portion of the uniform and the above procedure is not feasible, the athlete should change uniforms before re-entering the event;

3. When uniforms are handed in for laundering, proper procedures for laundering and handling should be followed. (soap and hot water 140 degrees).

### **First-Aid Supplies**

1. Several spill kits for each first aid box;
2. Disposable towels for blood spill clean up;
3. Soap (Metaquat) solution for washing large spills;
4. Disinfectant (hydrogen peroxide, ethyl or isopropyl alcohol, clorox) solution for washing large spills<sup>1</sup>;
5. Plastic bandages/band-aids for injuries;
6. Mouthguards will not be shared;
7. Plastic bags and bag closures for disposable towels, etc.

### **Recommendations**

1. That each team have a designated person to deal with blood spills;
2. That the designated person be responsible for having proper supplies in medical kits and that blood spills be cleaned according to proper procedures;
3. That the designated person be responsible for reporting the action taken in each blood spill case, by filling out the form provided, and keeping these forms on file in the principal's office.

### **How to Implement These Procedures**

1. Inservice the activities coordinator from all schools on this information;
2. Activities coordinator then inservices all coaches in their buildings;
3. All coaches must be in-serviced on these procedures to continue coaching.

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<sup>1</sup>1/2 cup bleach in one (1) gallon water or 1:10 solution ethyl or isopropyl alcohol 70%.

FERN RIDGE SCHOOL DISTRICT

**FLUID SPILL REPORT FORM**

(Please complete this form each time a fluid spill occurs)

**REPORT TO BE SUBMITTED TO BUILDING ADMINISTRATOR  
AT TIME OF COMPLETION.**

Student Name \_\_\_\_\_ Date \_\_\_\_\_

School \_\_\_\_\_

Person completing and filing this report \_\_\_\_\_

Activity (Where-What) \_\_\_\_\_

Description of injury or spill (blood, vomit, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Procedures Performed:

\_\_\_\_\_ Student removed from activity

\_\_\_\_\_ Bleeding stopped

\_\_\_\_\_ Blood or fluid spill washed with soap and water

\_\_\_\_\_ Blood or fluid spill cleaned with disinfectant

\_\_\_\_\_ Uniform or clothing washed with soap and water

\_\_\_\_\_ Uniform or clothing cleaned with disinfectant

\_\_\_\_\_ Uniform or clothing changed

\_\_\_\_\_ Playing or work surface washed with soap and water

\_\_\_\_\_ Playing or work surface cleaned with disinfectant

\_\_\_\_\_ Bandage or dressing applied

\_\_\_\_\_ Student returned to activity

\_\_\_\_\_ Used supplies disposed of according to procedures

Comments: