

Procedures for Athletic Situations

1. If an athlete has an open wound, or lesion, he/she may not participate in contact sports unless:
 - a. The lesion is scabbed over or dry;
 - b. The lesion is covered with a band-aid or gauze dressing.
2. It is highly recommended that in the event of a bleeding injury the following guidelines be used:
 - a. First Aid - if at all possible, encourage the athlete to clean and dress his/her own wounds. If he/she is unable to do this:
 - (1) The employee is encouraged to wear rubber gloves when providing first aid for bleeding injuries if direct contact with blood is anticipated.
 - (2) Avoid getting blood from the injured athlete into your eyes or mouth. If such exposure occurs, rinse your eye or mouth thoroughly with water for one to two minutes.
 - (3) Place any blood stained first aid supplies in a red plastic bag.
 - (4) Remove gloves, turning inside out, and place in the red plastic bag. Tie the bag shut, being careful to touch only the outside of the bag.
 - (5) Band-aids may be applied after removal of the gloves, if worn, so long as the caregiver will not come into contact with blood or wound drainage.
 - (6) **WASH HANDS THOROUGHLY WITH SOAP AND WATER.**
 - b. Blood Spill on Another Athlete
 - (1) If the athlete's skin is intact in the area of the blood contact, have him/her wash his/her own skin with a disposable towel containing soap and water. If the blood spill is extensive, it is recommended the skin be scrubbed with soap under running water. Discard the towel in a plastic bag and tie shut. Wash hands well.
 - (2) If the athlete's skin at the area of blood contact is broken or not intact, send the athlete to the locker room to thoroughly wash, scrubbing the skin with soap and running water. Use a skin disinfectant such as Hibiclens or 70 percent alcohol after washing.
 - c. Blood Spill on Clothing
 - (1) If blood spill is small in quantity, area should be blotted and then wiped with hydrogen peroxide then the athlete may continue to participate. At the end of the competition, the garment should be sealed in a red plastic bag and taken to the laundry by the coach. The skin area under the blood spill should be thoroughly washed with soap and water.
 - (2) If the blood spill is extensive, the soiled garment should be removed.

The skin under the area of blood spill should be cleansed as in B (1 or 2) above.

d. Blood Spill on Wrestling Mat or Other Surfaces

- (1) Wearing gloves, if possible, wipe up blood spill with absorbent towel. Discard the towel and gloves in red plastic' bag and seal.
- (2) Wash area with solution of soap and water, wipe dry.
- (3) Apply disinfectant such as Lysol Spray, End-Bat, LemonD, or Hi-Q to area where blood spilled. Allow to dry for one minute, wipe dry, then continue to use mat or surface.
- (4) Dispose of red plastic bag by taking to nearest custodial closet.
- (5) Place wet towel used in step two in a separate bag, seal, and deliver to laundry person.
- (6) Wash hands thoroughly with soap and water.

3. Measures should be taken to prevent transmission of infectious disease in the following additional ways:

- a. Fluids provided to athletes shall be dispensed in single use cups.
- b. Mouth guards will not be shared.