



Regina Minor Football 2000 Inc.

Blood and Bodily Fluid Exposure Rules

The increasing prevalence of blood borne diseases such as Hepatitis B, Hepatitis C and HIV in presumably healthy Canadians has led many organizations to develop guidelines to deal with exposure to blood and bodily fluids. The American Academy of Pediatrics considers football to be one of the sports where such exposures can occur. Our aim in developing these guidelines for coaches, players and officials is to limit exposure and risk during practice and play. The guidelines are based on the universal precautions employed in health care. It is not ethical or even possible to test everyone, so we must treat everyone as potentially infected when dealing with blood and bodily fluid contact. These recommendations were developed in consultation with the Public Health Office of the Regina Qu'Appelle Health Region. Even with adoption of these precautions, the risk that a player, coach or official may be infected with a blood borne disease will not be completely eliminated.

The following procedures must be completed with any blood or bodily fluid exposure:

1. Players must cover all existing cuts, abrasions, wounds or other areas of broken skin with an occlusive dressing before and during participation. Caregivers should cover their own damaged skin to prevent transmission of infection to or from an injured player.
2. Disposable latex gloves and safety glasses are to be worn to avoid contact with blood and bodily fluids or any object contaminated with these fluids. Hands should be cleaned with an alcohol-based hand wash, as soon as possible, after gloves are removed.
3. Players with active bleeding will be removed from competition as soon as possible and the bleeding stopped. Wounds are cleaned with a saline solution and covered with an occlusive that remains intact during further play before the player returns to the game.
4. Players should be advised to report injuries and wounds quickly before or during the game.
5. Minor cuts and abrasions that are not bleeding i.e. turf burns, do not require removal from play, but can be cleaned and covered during a stop in play. If the uniform or equipment are wet with blood, the equipment should be cleaned with PerCept wipes or the uniform replaced.
6. Equipment contaminated with blood must be cleaned and disinfected with PerCept wipes. If there is a large amount of blood use paper towels first, then the disinfectant wipes. Dispose of the towels in the plastic bag.
7. Use water to dilute playing areas contaminated with blood and do not play on this area.
8. If gloves or other protective equipment are not available, do not delay treatment. Cover the wound with a towel and remove the player to an area where gloves can be used during more definitive treatment.

The recommendations in this statement do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, considering individual circumstances, may be appropriate.