

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 ***provide the necessary disposable supplies for cleaning the facilities without delay.***

These supplies should include: disinfectant, protective gloves, and containers appropriately 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** are expected to ***follow the blood rules of the sport and should 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 any amount of blood on their person or 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 stopped,*
 - b. *The wound is properly covered.*
 - c. *The uniform and/or body is appropriately cleaned, and/or the uniform is 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.

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.

NATIONAL HIGH SCHOOL SPORTS COMMUNICABLE DISEASE PROCEDURES

The risk for blood-borne infectious diseases, such as HIV and Hepatitis B, remains low in sports and to date has not been reported. However, proper precautions are needed to minimize the potential risk of spreading these diseases. In addition to these diseases that can be spread through transmission of bodily fluids only, skin infections that occur due to skin contact with competitors and equipment deserve close oversight, especially considering the emergence of potentially more serious infection with Methicillin-Resistant Staphylococcus aureus (MRSA).

Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include:

- 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 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 competition.
- Certified Athletic Trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
- 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 wear gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

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