

Communicable Disease Guidelines For SFHS Athletic Department

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports; proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are SKIN INFECTIONS that occur due to skin contact with competitors and equipment.

Universal Hygiene Protocol for All Sports:

- Shower immediately after all competition and practice.
- Wash all workout clothing after practice.
- Periodically wash personal gear, such as knee pads, shin guards, sport braces.
- Don't share towels or personal hygiene products with others.
- Refrain from cosmetic shaving.
- Discourage sharing of water bottles

Infectious Skin Diseases:

Means of reducing the potential exposure to these agents include:

- Notify guardian, coach, athletic, and weight trainer of any lesion or skin abnormalities before competition, practice or work-out. Athlete must have a healthcare provider evaluate lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, evaluate other team members for potential spread of the infectious agent.
- Follow guidelines from healthcare provider on "time until return to competition." Allowance of participation with a covered lesion can occur if approved by healthcare provider.
- Athletes with draining wounds should be restricted from contact sports until the wound is no longer draining or the healthcare provider clears the athlete for play.
- Cover all wounds. If a wound cannot be covered adequately exclude players with potentially infectious skin lesions from practice\competition until lesions are healed or can be adequately covered.

Blood-Borne Infectious Diseases:

Means of reducing the potential exposure to these agents include:

- Bleeding must be stopped immediately and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.
- Athletic trainers or caregivers are to wear gloves and take other precautions to prevent blood\body fluid-splash from contaminating themselves or others. Gloves must be changed after treating each individual participant and hands washed after glove removal.
- Immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Use gloves with cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

Direct any questions or concerns to the nurse at 668-5800 ext. 146 or the athletic trainer at 668-5800 ext. 211.