



# SPORTS ASSOCIATION OF CATHOLIC COEDUCATIONAL SECONDARY SCHOOLS

## Infectious Disease Guide and Procedures

### Preamble

Sports Association of Catholic Co-educational Secondary Schools (SACCSS) has 15 member colleges that are located across the North Western suburbs of Melbourne. The member colleges compete in weekly Home and Away sporting seasons across the year, in both indoor and outdoor sport.

This guide aims to provide recommendations for the prevention of infectious disease transmission for its member students when participating in SACCSS sporting events.

### Introduction

Microscopic organisms, live in, on and around us all the time - viruses, bacteria, fungi and tiny parasites. When they (a) exist in sufficient quantities, (b) are able to spread from someone or something (like food or animals) and (c) enter your body, they can cause disease. Some may be transmitted during play, some through social activities after the game. The way they are passed on from person to person varies and some are more serious than others, particularly if left untreated. The risk of being infected with a blood-borne virus through participation in sport is very low, however infection is possible. The risk can be minimised even further by following the recommendations outlined below.

### Transmission

People can be exposed to infection through participation in sport in a variety of ways:

- Through blood to blood contact via broken skin and open wounds. Of most concern are the blood-borne viruses such as HIV and hepatitis C.
- Through contact between a person's broken skin, mouth, eyes, and other mucous membranes with another person's infected body fluid.
- Through exposure of the skin to another person's infected skin or body fluids. This may be via direct body to body contact or indirectly through the use of shared equipment (e.g. drink bottles), clothing (e.g. jumpers, socks).
- By breathing in airborne droplets of saliva or sputum when an infectious person coughs, sneezes or spits. The common cold and the flu are easily passed on from person to person in this way.

### Recommendation

#### ❖ BLEEDING & BLOOD BORNE INFECTIONS

- No College shall allow any player to participate in any SACCSS match or continue to participate in any SACCSS match for so long as such player is bleeding or has blood on any part of their person or uniform.
- On the direction of any officiating Umpire:
  1. A player who is bleeding or has blood on their clothing must immediately leave the playing field or court and seek medical attention.
  2. The bleeding must be stopped, the wound dressed and blood on the player's body or cleaned off before they return to the game.
  3. Play must cease until all blood on the ground or equipment is cleaned up. Any player thus directed to leave the field can be replaced immediately in accordance with normal interchange rules.
- All blood and body fluids should be treated as though they are potentially infectious, latex gloves should always be used when treating a player.
- Each College shall ensure that any bloodied item of uniform or clothing of a player or official is placed as soon as possible in a hygienic sealed container i.e. closed plastic bag and laundered to ensure the removal of all blood.
- Each College shall ensure that all towels, wipes, bandages, dressings and other materials used in the treatment of bleeding players shall be placed as soon as possible in a hygienic sealed container and discarded or laundered in such a way as to remove all blood and risk of infection.
- It is strongly recommended that all coaches, students and officials participating in body contact sports should be vaccinated against Hepatitis B.

#### ❖ AIR BORNE INFECTIONS AND VIRUSES

No College shall allow any player to participate in any SACCSS match or continue to participate in any SACCSS match for so long as such player demonstrates cold and flu like symptoms such as **coughing, sore throat and fatigue**

- Make sure you and the people around you follow good respiratory hygiene. This means covering your mouth and nose when you cough and/or sneeze with:
  - a tissue that you put in the bin straight after use
  - your bent elbow
  - respiratory hygiene is important because droplets spread virus. By following good respiratory hygiene, you 'catch' any droplets that might be produced, and this protects the people around you from viruses
  - clean hands after coughing and sneezing

Students involved in an incident (through sporting or other contact) where they are concerned that they may have become infected with a blood-borne virus or any other serious infection, it is important to seek immediate medical advice, with a doctor, local community health service or hospital.

#### References and Background Information

*Blood Rules Ok Pamphlet*

[https://sma.org.au/sma-site-content/uploads/2017/08/Blood\\_rulesOK-pamphlet.pdf](https://sma.org.au/sma-site-content/uploads/2017/08/Blood_rulesOK-pamphlet.pdf)

*Australian Government – Department of Health – Communicable Disease Information*

*'Infection control guidelines for the prevention of transmission of infectious diseases'*

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/cda-pubs-cdi-2004-cdi2802-htm-cdi2802b.htm>

#### Disclaimer:

*These guidelines do not create any binding obligations on the SACCSS. The association has no control over the implementation of these guidelines at Senior Sport and Premier League matches and cannot be held liable where schools or individuals fail to follow any aspect of these guidelines, during participation in school sport, personal sport, or club sport.*

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