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## **BLOOD SPILL POLICY**

### **1. POLICY SFMMA004**

- 1.1. Individuals and SASSOM Fitness & MMA have the responsibility of playing their part in preventing the spread of infection through participation in sport. Members, coaches, and first aiders can be blood aware by following some simple guidelines and encouraging each other to do likewise. SASSOM Fitness & MMA has adopted an infectious disease policy, and maintains a safe and clean environment for members and spectators alike.

In the light of HIV and other blood-borne viruses, attitudes to blood in the gym and sport have changed considerably in the past ten to twenty years.

### **2. ASSUME ALL BLOOD IS POTENTIALLY INFECTIOUS**

- 2.1. When spills of blood or other body fluids happen:
- avoid direct contact with blood or body fluids;
  - cover any cuts on your hands with a Band Aid;
  - wear gloves & safety glasses.
- 2.2. If Blood or other bodily fluids spill onto you or someone else or if contact has been made with an open wound, broken skin or mucous membranes (mouth, eyes, genitals) the following precautions are recommended:
- wash the area of contact thoroughly for 3 minutes with soap and warm water;
  - if the blood contacted your mouth or eyes, rinse very well for 3 minutes with water;
  - see your own doctor as soon as possible.
- 2.3. Once bleeding has stopped and you've cleaned up any blood or body fluids which found their way onto you or others, it's important to disinfect the area where the spill occurred. When doing this:
- wear gloves, and safety glasses;
  - place paper towel / toilet paper over the spill and carefully mop it up;
  - if needed clean the surface with warm water and detergent or soap;
  - always disinfect the area with bleach and dry with clean paper towel, chux cloth or toilet paper; and
  - when finished, remove gloves and put them along with the used paper towel, chux cloth, toilet paper in a sealed plastic bag and place in the rubbish bin.

### **3. BLOOD RULES IN ACTION**

- 3.1. Blood rules seek to prevent the transmission of infectious diseases during body contact and collision sports. They have been designed to protect the injured player, team mates, and coaches etc.
- 3.2. Simply put, a blood rule dictates that any member who is bleeding must leave the training area for immediate attention from a staff member, coach, or assisting person. The member is not allowed to return to training until the bleeding has stopped, the wound dressed and there is no blood remaining on clothing or visible on the skin. Any clothing or equipment that has been contaminated must be cleaned before the member returns to the mats.
- 3.3. The only exception to this rule, is for fighters that have a current bloods certificate (within last 6-months), and ONLY when deemed necessary by a coach during fight training.