

# 1. Policies from Sports Medicine Australia

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## ***Infectious Diseases Policy***

The following policy has particular reference to HIV (AIDS) and Hepatitis B. The 4 edition is presented.

A number of blood-borne infectious diseases can be transmitted during body contact and collision sports. The more serious include hepatitis and HIV (AIDS) infections. These diseases may be spread by contact between broken skin or mucous membranes and infected:

- Blood
- Saliva (not for HIV)
- Semen and vaginal fluids.

N.B. There is no evidence that sweat/urine, and tears will transmit Hepatitis B or HIV.

THE FOLLOWING RECOMMENDATIONS WILL REDUCE THE RISK OF TRANSMITTING INFECTIOUS DISEASES.

All open cuts and abrasions must be reported and treated immediately.

## **Players**

It is all participants responsibility to maintain strict personal hygiene as this is the best method of controlling the spread of these diseases.

It is strongly recommended that all participants, involved in contact/collision sport and playing under adult rules, be vaccinated against hepatitis B.

All participants with prior evidence of these diseases are strongly advised to obtain confidential advice and clearance from a doctor prior to participation.

## **Team Areas**

It is the club's responsibility to ensure that the dressing rooms be clean and tidy.

Particular attention should be paid to hand-basins, toilets and showers. Adequate soap, paper hand-towels, brooms, refuse disposal bins and disinfectants, must be available at all times.

Communal bathing areas (eg. Spas) should be strongly discouraged.

The practices of spitting and urinating in team areas must not be permitted.

All clothing, equipment and surfaces contaminated by blood must be treated as potentially infectious. Household bleach in a 1:10 solution may be used to wash contaminated areas and white

clothing should be soaked in 1:10 solution bleach for 30 minutes before washing. Bleach should be rinsed off after use. Coloured clothing should be soaked in disinfectant for 30 minutes then washed at high temperature on a long cycle.

Sharing of towels, shaving razors, face washers and drink containers must not occur.

It is strongly recommended that all personnel working in contact/collision sports team areas should be vaccinated against Hepatitis B.

In all training areas, open cuts and abrasions must be reported to the coach and treated immediately.

## **Referees and Officials**

Officials must report all open cuts and abrasions to medical staff at the first available opportunity.

It is strongly recommended that those who officiate in body contact and collision sports should be vaccinated against hepatitis B.

All contaminated clothing and equipment must be replaced prior to the player being allowed to resume play.

If bleeding should recur, the above procedures must be repeated. If bleeding cannot be controlled and the wound securely covered, the player must not continue in the game.

Those handling bleeding players should wear disposable rubber or plastic gloves. Resuscitation bags or disposable mouth to mouth devices should be available.

## **Education**

There is an obligation upon all relevant sporting organisations to provide suitable information on the associated risk factors and prevention strategies against these diseases.

Additional information may be obtained from team doctors or state Health Departments.

The safe handling of contaminated clothing, equipment and surfaces must be brought to the attention of all players and ancillary staff.

Although Hepatitis B vaccination is usually effective in raising immunity to Hepatitis B, it provides no protection against other blood-borne diseases such as HIV. Vaccination must not result in any relaxation of hygiene standards.

## ***Drink Up***

DEHYDRATION & HEAT STRESS = POOR PERFORMANCE

Avoid heat stress and poor performance by adequate fluid replacement during your summer sport or activity.

Playing in hot weather will result in extra fluid loss (dehydration) Even small degrees of dehydration will cause a decrease in performance and this will occur in the late stages of a match when performance is most important

Dehydration contributes to fatigue and may make you more susceptible to cramps, heat stress and heat stroke

## **Children are at greater risk of heat stress**

## **‘BEAT THE HEAT’ USING THE FOLLOWING MEASURES**

### **For Whom**

- Players, umpires, coaches, officials, teachers and spectators

### **What to Wear**

- Wear light clothing – light in colour & in weight
- Wear a hat or visor
- Wear a 15+ sunscreen to prevent skin damage and skin cancer
- Wear sunglasses to protect your eyes

### **Drink Plenty of Water**

- Sweat is mainly water and very little salt; salt tablets are not necessary and can make dehydration worse
- Drink cool water – it is absorbed more rapidly than warm water. If exercise is going to continue for more than 1 hour use a sports drink (a carbohydrate drink of 5-10% concentration with the addition of a small amount of sodium)
- Thirst is a poor indicator; it is a late signal of severe fluid loss

### **DO NOT WAIT TO FEEL THIRSTY BEFORE YOU DRINK**

### **Fluid Replacement Routine**

- Drink 500ml (2-3 glasses) ½ to 1 hour before a game
- Drink 200ml (1-2 glasses) every 20 minutes during a game
- Drink 500ml to 1 litre (5-6 glasses) after a game

### **ASSESS YOUR FLUID REQUIREMENTS**

Assess your fluid requirements by weighing yourself before and after exercise or sport

- 1 kg lost = 1 litre of fluid lost
- 2 kg lost = 2 litres of fluid lost, etc

If you lose weight, increase the amount you drink throughout the game the next time you play

If you lose 5% of your bodyweight serious heat injury can occur 9eg. if you lose 3 ½ kg when you weight is 70kg)

### **Symptoms of Heat injury or Heat Stroke**

- Fatigue
- Nausea
- Headache
- Confusion
- Light-headedness

These indicate you should stop, drink more fluids and cool down. Seek medical treatment if these symptoms don't improve rapidly

Also remember to keep an eye on your partner or team mates who may not realise they are suffering from dehydration or heat stress

Take extreme care if exercising for more than 30 minutes in very hot weather (>34° C)

## EMERGENCY PLAN

- Lie the victim down
- Loosen and remove excessive clothing
- Cool by fanning
- Give cool water to drink if conscious
- Apply wrapped ice packs to groins and armpits
- SEEK MEDICAL HELP

## ***Asthma***

This policy document can be collected from the WABC office.