

POLICY: INFECTIOUS DISEASE AND BLOOD RULE FOR PARTICIPANTS

Policy No	14	Issue			3
Board Approval	November 2023	Review cycle	3-yearly	Next review	November 2026

Introduction

The Board of DBSA acknowledges that dragon boating is a not contact sport and the risk of acquiring a blood borne virus would be low. However, there is still a risk of a participant in a boat being exposed to blood during training or racing. Therefore, a rule or rule that captures the management of participants in the sport, having a wound that produces blood and may contaminate other participants.

Purpose

The purpose of this policy is to provide direction in as to:

- The actions to be taken by Club or Racing Officials in the event of a participant bleeding or having an open wound that may be a risk to other participants.
- Identify the responsibilities each participant has to ensure they take the appropriate actions to avoid contamination of other participants

Policy

The primary references for developing this policy relating to issue of infectious diseases and blood in sport have been:

- Australian Sports Commission Blood Rules Handbook for clubs and Policies on infectious diseases (Sports Medicine Australia booklet) - The playbybloodrule.com
- Sports Medicine Australia
 - *'The Blood rule is a rule used in many sports that states that an athlete that receives an open wound, is bleeding, or who has blood on them or their clothes, must immediately leave the playing area to receive medical attention.[1] Though they may be able to play again later, they cannot go back and play again until the wound is taken care of, bleeding has stopped, and all contaminated equipment has been replaced.[2] The main concern addressed by this rule is the spread of infectious diseases like Human immunodeficiency virus (HIV), Hepatitis, and other diseases that can be spread through the contact of blood.'*

DBSA Blood Rules

All sports, at both professional and amateur levels, should implement blood rules, therefore the following rules have been adapted by DBSA:

1. A participant who is bleeding or has blood on their clothing must, where possible, immediately leave and/or remove themselves from the boat if they are unable to control the bleeding and / or change their clothing.
2. The bleeding must be stopped, the wound covered and blood on the participant's body or clothing cleaned off before they return to the boat.
3. Participants in the boat must not be exposed to blood therefore all visible blood must be cleaned up along with drink bottles or equipment that may have been contaminated cleaned.

Participants and Clubs have the responsibility of playing their part in preventing the spread of infection through sport. It is recommended to be blood aware and take precautionary measures when blood is present i.e. 'play the blood rule.'



When blood spills occur:

- Wear disposable gloves and use paper towels (or disposable cloths) to mop up the blood
- Wash the area with soapy water
- Seal paper towels and gloves in a plastic bag and place in a bin

Coming into contact with blood

If another person's blood has come in contact with your open wound, eyes or nose (blood-to-blood contact), the following precautions are recommended:

- Thoroughly wash the area of contact gently with water
- Cover the wound with waterproof dressing