

Infectious Disease Policy

The spread of infectious disease can take many forms, and communal activities that are seen within sport can aid in its infection rate. This policy is aimed at protecting Hunter Academy members and stopping, or reducing, the spread of disease.

Viruses, influenzas, gastro bugs, Hepatitis B & HIV are just some infectious diseases identified by the department of health as a possible risk of spreading through sport. It is strongly recommended that all associated sports physicians, sports medicine staff, volunteers, coaches, team managers, administrators, athletes and their parents be informed of this policy and adopt its common-sense recommendations.

The Hunter Academy of Sport (HAS) recommends the below guidelines as best practice for reducing the spread of infectious disease. More information on current and specific individual infectious diseases can be found on the NSW Government department of Health website:

<https://www.health.nsw.gov.au/Infectious/Pages/default.aspx>

Code of Practice for infectious diseases

General Training and Events

1. Whilst not compulsory, HAS strongly recommends vaccinations for its members.
2. It is every athlete's responsibility to maintain strict personal hygiene at all times, in all activities in and out of the training environment to limit the spread of disease.
3. Spitting and clearing of nasal cavities within the team collection areas must not be permitted.
4. Any Injury must be documented on an Injury/Incident report form and reported back to the Hunter Academy of Sport Office
5. Water containers should be available for each individual player and not shared by players
6. Any athlete, parent, coach, administrator or volunteer showing signs or symptoms of sickness are to remove themselves from the group and where possible stay at home

Facilities, including Camps venues

1. Where possible, HAS program staff and officials should ensure that facility dressing rooms are clean and tidy, with particular attention to hand basins, toilets and showers. Adequate soap, paper hand towels, brooms, refuse disposal bins and disinfectants should be available at all times. (in the case that we are sharing or at a hired venue, the person in charge is to communicate with venue managers where attention is required)
2. Sharing of health products, towels, shaving razors, face washers and drink containers must not occur.
3. Blood should be wiped away from player's faces or limbs immediately if they have been injured.

Blood spills in sport

1. In all training and competition areas, open cuts and abrasions must be reported to medical staff and treated immediately.
2. In an accident where bleeding occurs and if skin is penetrated or broken, the immediate first aid is to clean the wound.
3. Players with wounds that are bleeding profusely are to leave the training or competition environment for treatment and will not be permitted to resume playing or training until the bleeding has stopped and the wound is adequately covered.
4. In the case clothes are blood stained, they should be changed for clean ones once the wound has been treated.
5. If a fellow teammate or competitor also comes into contact with the blood, the same cleaning and removal precautions are required.
6. All surfaces, equipment and areas must be cleansed and disinfected immediately after contact with blood.

Please note, where there is an additional concern about infection, medical advice should be sought from a physician or specialist clinic where there is experience in the management of infection and other diseases.