



ATHLETICS NORTH QUEENSLAND

Blood Policy

Officials and coaches registered with Athletics North Queensland need to be aware of, and implement, the following policy in relation to the safety of athletes, the competition area and the risk of viral transmission.

As a practical guide the following interpretation of safety is to be followed:

- 1) During all events officials must order any athlete who is bleeding or has an open wound, to leave the competition area.
 - a) Track events: athletes are permitted to finish their race with no interruption due to the nature of the event. They must seek medical attention upon completion of their event.
 - b) Field events: athletes are not permitted to continue without first seeking medical attention.
- 2) Before the athlete is allowed to return the wound should be treated (no further bleeding) and the affected area completely and securely covered.
- 3) If there is blood on an athlete's uniform it should be changed (if possible). Prohibit an athlete returning to the competition area with a blood stained uniform, unless it has been soaked in the recommended solution for at least five minutes and thoroughly rinsed off with water. Destroy the chance of HIV with a solution of 0.5% bleach and 2% detergent mixed with water and applied for five minutes.
- 4) Equipment that has come in contact with blood must be replaced or thoroughly cleaned with the bleach and detergent solution.
- 5) Blood spilt on the track or field should be cleaned thoroughly with the bleach and detergent solution.
- 6) A "Blood Kit" should be situated at First Aid during competition.

Suggested Contents of Blood Kit:

- 1) 1 roll of paper towel.
- 2) 1 box of disposable latex surgical gloves.
- 3) 5 resealable plastic bags.
- 4) 1 1500 ml Spray Bottle with 0.5% bleach and 2% detergent mixed with water. (Bleach must not be used past its use by date.)

Should there be any questions regarding this policy or implementation, consult with the competition director immediately.

Version	Created by	Approved by	Date	Review date
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