Blood and Body Fluid Policy

The following policy rules are to be applied at all gymsport events, competitions, championships, activities and training sessions.

- An athlete or person who is bleeding or has blood on their clothing must immediately leave the area of activity (field of play) and seek attention.
- The bleeding must be stopped, the wound dressed and blood on the athlete's/ person's body or clothing cleaned off before they return to the activity.
- The activity in the potentially infectious area must cease until all blood on the ground/floor or equipment is cleaned up.
- These rules also apply to body fluids.

Support Information

Assume All Blood and Body Fluids Are Potentially Infectious.

- Wash your hands before and after treatment for cuts and abrasions.
- Cover all cuts on your hands with waterproof dressings before treating.
- Avoid skin contact with blood and body fluids.
- Use disposable gloves if skin contact with blood or body fluid is likely. Use paper towels to clean up blood or body fluids.
- Soiled surfaces must be disinfected with household bleach. Use one part bleach to ten parts water. Ideally bleach should be in contact with the surface for half an hour.
- Place contaminated material, including gloves and paper towels in a plastic bag for safe disposal.