



# AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED

## POLICY 4

### BLOOD AND INFECTIOUS DISEASES

***This Policy is made by the Australian Weightlifting Federation Limited (AWF) Board under Clause 20 of the AWF Constitution. It is binding on AWF and all members of AWF.***

***Approved by the AWF Board on 12<sup>th</sup> June, 2014***



## 1. BLOOD AND INFECTIOUS DISEASE POLICY

This Policy is made by Australian Weightlifting Federation Limited (AWF) pursuant to clause 20 of the Australian Weightlifting Federation Limited Constitution. This Policy is to be read in conjunction with the AWF Member Protection Policy (MPP).

## 2. INTRODUCTION

This policy has been adapted from the Sports Medicine Australia (SMA) Infectious Diseases Policy (1) which is available from the website listed link: <http://sma.org.au/resources-advice/policies-guidelines/infectious-diseases>, along with other references for clubs, parents and weightlifters.

## 3. THE POLICY

Infectious diseases can be transmitted during close contact, body contact and contact with blood and body fluids in the weightlifting gym environment.

Diseases spread by close contact include: influenza, common colds, gastroenteritis and skin infections. These diseases may be spread by droplet spread (coughing, sneezing), direct contact between broken skin or mucous membranes and sharing of cutlery or drink bottles.

Skin infestations such as lice or ticks may be spread by sharing of infected clothing, towels and bedding.

Diseases that may be spread by contact with blood and body fluids include the more severe viral infections such as hepatitis and HIV/AIDS. Transmission of these infections may be extremely harmful and debilitating.

Due to the number of weightlifters using the same equipment during the same training session, it is important that lifters, parents, coaches and other support staff are aware of this policy and follow the recommendations as they relate to the club or competition environment.

## 4. RECOMMENDATIONS

### 4.1 Weightlifters

4.1.1 Personal hygiene – this is the responsibility of each participant.

4.1.2 Vaccination – it is recommended that all weightlifters are vaccinated against Hepatitis B. This is part of the National Immunisation Schedule (2) and children born in Australia will have been offered this vaccination at



birth and in the first year of life. There is currently no vaccination available for HIV/AIDS.

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

4.1.4 Clothing – weightlifters should wear clothing to cover any areas of skin infection that may come into contact with the bar, or cover the area with a secure occlusive (air-tight) dressing.

4.1.5 Fever – weightlifters with high temperature (>38 °C) should not attend the gym.

4.1.6 If a weightlifter sustains an injury that results in bleeding, including all open cuts and abrasions, it must be reported to a coach and treated immediately. He or she should stop the bleeding and cover the wound as soon as possible. Clothing contaminated with blood should be changed or cleaned. The contaminated bar must be decontaminated immediately by properly cleaning it with an alcohol based solution (ISOCOL ANTISEPTIC SOLUTION) and nail brush, removing all blood and bodily fluids.

### 4.2 Clubs

4.2.1 It is recommended that all weightlifting clubs clean and decontaminate their bars each week by using warm water and detergent followed by ISOCOL ANTISEPTIC SOLUTION with a nail brush.

4.2.2 All clubs must possess a "DECONTAMINATION KIT" and all club members must be made aware of its location. At competitions, all loaders, the Competition Manager and Qualified First Aider must have ready access to a DECONTAMINATION KIT.

4.2.3 It is the club's responsibility to ensure that the dressing rooms are clean and tidy. Particular attention should be paid to hand-basins, toilets and showers. Adequate soap, paper hand towels, brooms, rubbish disposal bins and disinfectants must be available at all times.

4.2.4 All clothing, equipment and surfaces contaminated by blood must be treated as potentially infectious. Equipment and surfaces should be cleaned immediately if soiling or spills occur.

When cleaning up blood and body substances:

4.2.4.1 Gloves must be worn;



4.2.4.2 If the spill is large, confine and contain the spill (ie try not to let it run everywhere);

4.2.4.3 Remove the bulk of the blood and body substance with absorbent material, eg. paper towels;

4.2.4.4 Place the paper towels in a sealed plastic bag and dispose with normal garbage. Clean the spill site with a detergent solution;

4.2.4.5 Wipe the site with disposable towels soaked in warm water and detergent. If there is blood contamination on porous surfaces such as carpet, leather and material covered equipment, then flood the contaminated area with the water and detergent solution and absorb excess fluid with paper towels. A solution of 1:10 bleach and water may be used.

4.2.4.6 Routine laundry procedures are adequate for the processing of all linen. Routine washing procedures using hot water and detergents are adequate for decontamination of most laundry items. Therefore, clothing with dried blood on it can, if necessary, be soaked in cold water only to release the blood prior to a normal hot detergent wash.

4.2.4.7 Glove such as rubber household gloves should be worn when handling or washing soiled linen. The gloves should be washed in detergent after use, or discarded if they have any evidence of any sort of deterioration.

4.2.4.8 Contaminated linen soiled with blood or body substances should be transported in a leak-proof plastic bag to the laundry site simply to contain the body fluid and stop it spreading to the other laundry items. Contaminated linen does not need to be segregated in the hot detergent wash.

4.2.5 Sharing of towels, wrist straps/ wraps, knee guards, belts, shaving razors, face washers and drink containers must NOT occur.

4.2.6 Although weightlifting is not a contact/ collision sport, if there is an additional concern about infection, medical advice should be sought from a physician or clinic where there is experience in the management of HIV infection. It should be remembered that these types of infections, via the blood, have ONLY been felt to theoretically occur, if there is:



1. DIRECT CONTACT with blood from a bleeding source, and
2. An OPEN WOUND on the other person, for entry into that other person.

### **5. AUSTRALIAN WEIGHTLIFTING FEDERATION LIMITED COMPETITION BLOOD POLICY**

It is the policy of Australian Weightlifting Federation Limited that all possible attempts shall be made to prevent cross-infection, via blood or other body fluids, from occurring from person/ weightlifter to person/weightlifter during weightlifting competitions.

Although body-to-body contact does not occur in weightlifting events, circumstances do arise in competition where bleeding occurs and contaminates the bar. In such cases, the following should occur:

5.1 When a weightlifter notices bleeding, he/she should make every effort to stop the bleeding and cover the wound as soon as possible.

5.2 A weightlifter with a bleeding wound shall not be able to resume Competition or training until appropriate medical attention has been given, and the area of bleeding deemed to be safe for return to the competition, to the satisfaction of the Chief Medical Officer (or his/her deputy).

5.3 Any area of blood on the weightlifter's clothing will need to be cleaned or covered, to the satisfaction of the Chief Medical Officer (or his/her deputy).

5.4 Blood on the bar should be cleaned as soon as possible with the appropriate disinfectant solution (ISOCOL ANTISEPTIC SOLUTION or as recommended by current medical practice), and a nail brush to the satisfaction of the Centre Referee and/or Chief Medical Officer (or his/her deputy).

5.5 If the bar cannot be cleaned satisfactorily, the bar may need to be replaced.

5.6 The competition manager shall be responsible for having appropriate cleaning solution and implements near the competition platform with protective gloves, and bags for disposal of waste products, as per acceptable Medical procedure.

5.7 Should a bleeding incident occur during Competition, cleaning of the bar should be performed as a priority, before any continuation can occur (subject to the rules of IWF and AWF weightlifting competition). Consideration needs to be given to other circumstances, such as progression of the competition and not causing any unnecessary delay.



5.8 If a significant bleeding injury occurs during a lift, the Centre Referee shall have the authority to stop the competition and have the weightlifter seek immediate medical attention and proceed as per above.

There is no proven case of such infection having ever occurred in a sporting situation. All participants with prior evidence of blood-borne infectious diseases are strongly advised to obtain confidential advice and clearance from a Doctor prior to participation.