

DATE: August 10, 1993

TO: Athletic Directors and Coaches

FROM: Catholic High School League

RE: OSHA Standard on Prevention of Exposure to Bloodborne Pathogens

Because coaches and other athletic personnel are likely to be called upon to render first aid to injured athletes and because there is a responsibility to our athletes to insist on safe health practices, the following steps must be put into practice with the beginning of your seasons.

1. Total eliminate shared water bottles, cups and towels.
2. Practice universal precautions; i.e., everyone is treated as if they are infected.
3. When athletes sustain bleeding injuries:
  - a. Coaches must substitute if the bleeding cannot be immediately controlled. The athlete should not return to the game until the bleeding has stopped and the open wound properly covered.
  - b. The contest rules for most sports require that when the official discovers "a player who is bleeding, or has an open wound or has an excessive amount of blood on the uniform . ." that player must be substituted for one down or one tick of the clock. An "excessive amount of blood" means blood has soaked through the uniform or that it could be transferred to another player. If this is the case, the uniform must be changed (or possibly decontaminated) before the athlete may re-enter and participate. T-shirts and shorts of like color with a non-duplicate number will be sufficient.
  - c. Encourage athletes to render first aid to themselves when possible.
  - d. Put on latex disposable gloves; this cannot be stressed enough. This will become common practice and will only be awkward at first. Gloves should never be worn more than once and always wash hands with soap and warm, running water afterwards.
  - e. Consult National Federation Communicable Disease Precautions.
4. Besides for the control of bleeding, gloves should also be worn for handling mouth guards, bloody dressings, uniforms or towels and other articles containing bodily fluids. Be sure these articles are kept separate from the rest.
5. To clean up blood, always use materials that can be disposed of afterward; wrap in a plastic bag before disposal. Clean surface with a solution of bleach and water (1/4 cup to 1 gallon). Wear gloves, dispose of them, and thoroughly wash hands afterward. A spray bottle can be used for small areas (1 tablespoon bleach to 1 quart water).
6. After clean-up and care of the injured person, you will have materials that have become either blood-stained, blood-soaked, or blood-caked (the blood is dried and flaking off). Blood-stained articles can be easily put in a zip-loc bag and de-contaminated by adding a small amount of bleach solution, shaking the contents to distribute the bleach and then throwing away. Small blood-soaked or blood-caked articles can also be de-contaminated in this manner and disposed of in your building. Larger items or those with so much blood on them that it is not practical or safe to de-contaminate or dispose of them on site, should be treated as "hazardous medical waste" and disposed of in a regulated manner. See paragraph below on the disposal of this type of item.

OVER

7. Clean wrestling mats daily with the bleach/water solution, which should be made fresh each day.
8. Personnel Concerns:
  - a. Coaches or athletic department personnel whose duties include first response to injuries and who may be reasonably anticipated to come in contact with blood, need to follow the OSHA Standard on Bloodborne Pathogens, specifically with regard to: 1.- training on exposure control; 2.-record keeping on file of coaches' training or exposures; 3.-offer and acceptance or declination of Hepatitis B vaccination at the school's expense.
  - b. While all coaches would not fall into the category (a ) above and need to be offered vaccination or be subject to required training and record keeping, we strongly recommend that all coaches be trained appropriately with regard to communicable diseases and bloodborne pathogens.
9. **Regarding the regulated disposal of contaminated waste:** In the event that you will have any object that is blood-soaked or caked with dried blood (not blood-stained, since that object can be easily de-contaminated and disposed of) the school must dispose of that object in one of the following ways: 1.-If the injured person is being transported by ambulance, simply put the object on the ambulance where it will be taken to the hospital; 2.- Arrange to have the article taken to the local hospital, doctor/dental office or clinic that can dispose of it properly; 3.-Contact a medical waste disposal company and arrange for a regular or one time pick-up.

Presently, there is no cure for AIDS or Hepatitis, but the use of these precautionary measures will significantly reduced the risk. It is our responsibility to raise the level of concern, but not to a point of panic. Education and prevention must be emphasized. A pre-season meeting with parents is an excellent opportunity to inform them of these new practices.

#### Shopping List:

Igloo, disposable cups (have wastebasket and towels nearby)

For each medical kit: box of disposable gloves, antiseptic towelettes, appropriate dressings and bandages

Clean up Kit: bucket clearly marked for its use, disposable towels, spray bottle, disposable gloves, bleach, plastic garbage bags.