

# Policy in a nutshell... If you spill it, you clean it up!

To protect Castle Rock AIKIDO & IAIDO (CRAI) students and staff against the risk of disease, CRAI has adopted the following policy intended to minimize the remote risk of transmission of Blood-and Body Fluid-Borne pathogens during Aikido & Iaido training. Current available evidence suggests that the risk of transmission during the type of contact that occurs in Aikido and Iaido training is slight. Organizations such as the NCAA, the National Academy of Pediatrics Committee on Sports Medicine and the U.S. Olympic committee have concluded that persons infected with blood-and body fluid-borne pathogens, should not be barred from participating in contact sports. Certain federal and state anti-discrimination laws may also prohibit such a ban. These organizations have concluded that the already slight risk of transmission of blood-and body fluid-borne disease can be further reduced by adoption of the Centers for Disease Control recommended "universal precautions" with regard to exposed body fluids.

CRAI observes these "universal precautions" as modified for training. Generally, this means that instructors and all persons training at the CRAI shall treat all exposed bodily fluids as if they are infected. Specifically, the following measures will be observed at all times:

## 1. Preparation for Training

The most frequent points of contact between training partners are the hands. Other exposed parts of the body subject to particular risk of cuts and abrasions are the feet and the area about the face and neck. For these reasons the following procedures must be observed.

A. Prior to participating in training you will inspect the exposed parts of your body for any breaks in your skin, abrasions, open cuts, or sores. If you have any such breaks, abrasions, open cuts or sores, you will clean them with a suitable antiseptic and cover them securely with a leak-proof dressing before coming on the training mat. You will make sure they stay covered while you are training. Suitable taping, gloves or wrapping will be worn to cover these areas.

B. You will inspect your hands and feet to ensure that fingernails and toenails are trimmed and smooth in order not to be a cause of cuts.

C. You will remove all jewelry (watches, rings, necklaces, bracelets, earrings, etc) before going onto the training mat.

D. You will wear a freshly laundered Aikido uniform to the first class which you attend each day.

E. You will never enter the training mat wearing a uniform, which is blood or body fluid stained to any degree whatsoever.

F. If you notice that someone else has an open cut or sore you will immediately advise him or her of the injury and cease training with the individual until the appropriate covering is in place. If a person does not immediately remedy the situation, you are responsible for immediately notifying the class instructor.

## 2. Procedures for Wounds Incurred During Training

If a wound becomes uncovered, open, or is bleeding even to any extent during training, the person bleeding shall immediately stop training and leave the mat until the bleeding stops and the wound is securely covered as described previously. Immediate measures shall be taken to stop the bleeding. If the injured person needs assistance with this procedure, each person so assisting shall wear a pair of latex gloves (which are available in the school's first aid kits). All used gloves and bloody cloths or dressings will be placed in a leakproof plastic bag provided for that purpose, and disposed of carefully. Hands shall be washed with soap and hot water immediately after gloves are removed. Minor bloodstains on uniform will be treated with a disinfectant solution available at the school's first aid kits. If there are major bloodstains or soiling, the uniform shall be removed immediately, placed in a leakproof container, and handled carefully until can be laundered or disposed of. Students will not be allowed to return to the mat without inspection by and permission of the class instructor or staff.

## 3. Procedures for Contact with Another's Blood

If you come into contact with the blood of another, make an immediate attempt to locate and alert the individual who is the source of the bleeding, leave the mat, and follow Procedure 2. above.

## 4. Procedures for Blood on the Mat

If blood becomes present on the mat or floor during training, the partner of the person bleeding will ensure that other students training do not come into contact with the blood. The blood, regardless of amount, will be cleaned up immediately by wiping down the exposed surface with the disinfectant solution provided for that purpose. Each person assisting in this task shall wear latex gloves (available at the school's first aid kit) and shall dispose of the gloves and cloths used for cleanup in the manner described in Procedure 2. Upon completion of the cleanup, each assisting person shall wash his or her hands with soap and hot water immediately after gloves are removed.

## 5. Responsibility for Health and Safety on the Mat

There are diseases and illnesses other than those known to be transmitted through blood and body fluids. You are reminded that you are responsible for not only your own health and safety, but also the health and safety of your training partners. If you know or suspect that you have any illness which might affect or infect others, or which might impair your ability to train safely, it is your responsibility to refrain from training until you are not a risk to others.

Participant Name (Printed)

Participant Signature

Date

Witness Name: CRA Representative (Printed)

Witness Signature: CRA Representative

Date