

HUNTER VALLEY
FOOTBALLNewcastle
Football

REGULATION H 3.5 Blood and Bleeding Policy

Summary

This Policy provide information about:

➤ **Regulation H – 3.5 Blood and Bleeding Policy**

that the Joint Zone Associations Competitions will operate under.

The Regulations, Procedures and Policies in conjunction with the Constitution and By-Laws of the Zone Association shall, with the approval of NSW Football and duly Registered with FA, apply from the date of approval and shall take precedence over any previous Regulations of the Zone Association.

Issued by the Joint Board of Directors of Macquarie Football, Newcastle Football, and Hunter Valley Football.

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POLICY ON BLOOD AND BLEEDING

NOTE: *THIS POLICY SHARES SOME CONTENT WITH INFECTIOUS DISEASES POLICY SO THE TWO POLICIES SHOULD BE READ TOGETHER.*

A. RATIONALE:

Although we usually think of sport as healthy activity, people have become much more aware and concerned about the transmission of diseases through participation in sport.

In Football today, due to society's expectations, there needs to be a blood policy because of the number of blood-borne infectious diseases which have the potential to be transmitted from person to person during sporting contact; most serious of these include Hepatitis (A,B and C) and HIV.

It has been widely recognized for many years the potential for the spread of blood borne infection when contact is made through exposure to blood.

As a consequence of heightened public awareness and anxieties, increasing attention has been given to the possible risks of acquiring a blood borne disease where spillage of blood may occur.

This policy has been put in place to protect injured Players, their Team-mate and Opponent Players, Parents, Guardians, Caregivers, Volunteers, Club Personnel, Team Officials and Match Officials.

B. REQUIREMENTS:

It is a requirement that each Zone Association Football Ground and Club has a **SPILL KIT** which must be designated as only for the purpose of dealing with blood spills.

The contents of a SPILL KIT should include (but not limited to) the following:-

- 1 packet of paper hand towels
- 1 packet of disposable latex surgical gloves
- 1 packet of antiseptic wipes
- 1 packet of medium size re-sealable plastic bags
- 1 disposable face mask
- 1 pair of safety goggles/glasses
- 1 1500 mL spray bottle filled with 1:10 bleach and 2% detergent mixed with water (with bleach being the key ingredient).

C. **POLICY**

1. **Players and Officials**

- a. It is the responsibility of all Players, Team Officials and Match Officials to maintain strict personal hygiene by covering any cuts or abrasions with an impermeable waterproof dressing.
- b. Open cuts and abrasions occurring during a match or team training must be treated immediately and must also be reported to Parents, Caregivers and Guardians plus report to Club Secretary to record details and ensure that Parents, Caregivers and Guardian have or are notified.
- c. Players should avoid unnecessary contact with the blood of other Players.
- d. Any Player, Team Official or Match Official with an infectious disease should discuss the potential hazards of participation with a medical doctor.

Chronic carriers of a blood borne disease should also seek medical advice and clearance.
- e. A Player who has an open or bleeding wound (including a bleeding nose) must leave the field of play at which he/she is competing until the bleeding is controlled and the wound is covered or dressed.
- f. When bleeding cannot be controlled, the Player must not be permitted to return to the field of play.

2. **Match Officials and Team Officials/First Aid Officers**

- a. As soon as possible, the Match Official, Team Official, Duty Officer (Club Official) notices that a Player is bleeding, or has blood on their body or clothing, the Player must be directed to leave or be removed from the field of play immediately until the bleeding has stopped and any blood on the player's body or clothing has been removed.

The Player may be replaced by a named substitute or interchange Player.
- b. If the injured player refuses to or does not immediately leave the playing arena when directed to do so, the Match Official may issue a warning that the player may be reported if they do not leave the playing arena.
- c. The Match Official may report the injured player for engaging in an act of misconduct, unsporting like behaviour or serious misconduct and immediately end the match with the match forfeited by the reported player's team if the injured player continues to refuse to leave the playing arena.

- d. The bleeding Player is not permitted to return to the field until ***ALL*** of the blood has been removed from the Player and from his/her uniform.
If necessary, the latter may require the Player to change his/her playing shirt and/or shorts and/or socks before the Player can again participate in the match.
- e. Team Officials, Club Officials and First Aid Officers must take precautions so as not to come into contact with body fluids, particularly blood and/or soiled objects, even if the risk appears to be low.
- f. Care must be taken to avoid blood from the injured Player coming into contact with skin punctures or cuts, particularly on the fingers, or reaching the eyes or membranes of the nose or mouth of those undertaking treatment of the injured Player.
- g. A person treating an injured Player should always wear latex or similar disposable gloves in anticipation of body fluids, particularly blood being secreted from the nose, mouth, or a wound, from the injured player.
The gloves must be discarded safely after use.
- h. A person treating an injured Player must thoroughly wash hands with hot water and soap or hand sanitiser, before and particularly after contact with the Player being treated even if gloves have been worn.
- i. A person treating an injured Player must wash thoroughly using the Blood Spill Kit, any areas that have come into contact with body fluids.

3. Match Areas

- a. The practice of spitting must not be permitted.
- b. All equipment and surfaces contaminated by blood must be treated as potentially infectious. Training and Match Equipment surfaces should be cleaned immediately if soiling or spills occur on them.
- c. When a person is cleaning up blood and / or other body fluid (e.g., saliva) spills:-
 - gloves must be worn,
 - if the blood spill is large,
 - it must be confined and contained, the bulk of the blood and/or other body fluid substance must be removed with absorbent material such as paper towels,

- the affected areas must be wiped with disposable towels soaked in a 1:10 solution of bleach, 2% detergent, and the area then cleaned with water,
 - soiled paper towels, gloves, compresses and dressings must be placed into a sealed plastic bag which is to be disposed of in a garbage disposal bin,
 - it is acceptable to wash soiled towels or material in a normal washing process.
- d. When blood is spilled onto grass (turf, absorbent surfaces), the blood should be first removed with some absorbent material and the surface watered so that the remaining blood sinks into the earth.
- e. When blood is spilled on non-absorbent surfaces (e.g., asphalt, concrete, etc.) the blood should be removed in accordance with **3d.** above.

4. *Education*

- a. There is an obligation for the Zone Football Association (Macquarie Football, Newcastle Football, Hunter Valley Football) to provide suitable information on the risk factors and prevention strategies against the possible risk due to blood borne infectious diseases.
- However, there is a Duty of Care to remove the risk of potential hazards to *ALL* persons involved in Football.
- b. The safe handling of all blood and/or other body fluid spills ***MUST be*** brought to the attention of all Football Players, Parents, Guardians, Caregivers, Volunteers, Club Officials, Team Officials and Match Officials.

5. *Resources*

Blood Rules OK Protect Yourself in Sport and Play [BE BLOOD AWARE Pamphlet](#)

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