

## Bloodborne Pathogens and Infectious Disease Policy

To protect the Aikido of Wales participants against the risk of disease, the following policy has been adopted to minimize the risk of transmission of HIV, hepatitis–B, and other blood- and body fluid-borne pathogens during training. Sweat is generally exempt as it is unavoidable and considered to be a low-vector of bloodborne disease transmission. Current available evidence suggests that the risk of transmission of HIV during the type of body contact that occurs in Aikido training is slight. Aikido of Wales observes these “universal precautions” as modified for Aikido training. Generally, this means that instructors and all persons training at Aikido of Wales.

All exposed bodily fluids should be treated as if they are infected. Specifically, the following measures will be observed at all times:

### 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.

1. You will inspect the exposed parts of your body prior to participating in Aikido training to ensure that there are no breaks in your skin such as abrasions, open cuts, or sores.
2. 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.
3. You will wear a freshly laundered dogi to the first class which you attend each day.
4. You will never enter the training mat wearing a dogi which is actively contaminated by blood or body fluid.

If you have any 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. If your hands or feet have broken skin, suitable taping, gloves or tabi will be worn to cover these areas. If you notice that someone else has an open cut or sore you will immediately advise him or her of the fact and cease training with the individual until the appropriate covering is in place. If a person does not immediately remedy the situation, you will immediately notify the class instructor.

# **Bloodborne Pathogens and Infectious Disease Procedures**

## **Procedure 1 - Wounds Incurred During Training and/or Contact with Bodily Fluids**

If a wound becomes uncovered, open, is bleeding even to a minor extent during training, or if you come in contact with another's bodily fluids:

1. Identify where the fluids originated.
2. The person bleeding and/or the person coming in contact with bodily fluids shall immediately stop training and leave the mat.
3. A person who is bleeding shall take immediate measures to stop the bleeding. If the injured person needs assistance with this procedure, each person assisting shall wear a pair of latex or vinyl gloves (which are available at the dojo first aid station).
4. All used gloves and bloody clothes or dressings shall be carefully disposed of in an appropriate waste receptacle.
5. Anyone who has come in contact with body fluids shall wash the affected area with soap and hot water immediately after the risk of further contact with bodily fluids has ended.
6. Minor blood stains on dogi and other clothing will be treated with a disinfectant solution available at the dojo first aid station.
7. If there are major blood stains or soiling, the dogi and other clothing shall be removed immediately, placed in a leak-proof container, and handled carefully until it can be laundered or disposed of.

## **Procedure 2 - Procedures for Blood on the Mat**

If blood becomes present on the mat during training:

1. The partner of the person bleeding will ensure that other students training do not come into contact with the bodily fluid.
2. The exposed fluid, regardless of amount, will be cleaned up immediately by wiping down the exposed surface with the disinfectant solution provided for that purpose.
3. Each person assisting in this task shall wear latex or vinyl gloves (available at the dojo first aid station) and shall dispose of the gloves and cloths used for cleanup in the manner described in Procedure 1 - Step 4 above.
4. Upon completion of the cleanup, each assisting person shall wash his or her hands with soap and hot water immediately after gloves are removed.

## **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, you have the obligation to refrain from training until you are not a risk to others.