

POLICY NAME:	Birralee Gymnastics Blood Rule Policy
DATE OF ISSUE:	July 2019
POLICY COVERAGE	Birralee Gymnastics Inc Committee of Management, staff, volunteers, parents, participants and spectators. All Birralee Gymnastics events and activities including competitions, education courses, workshops, meetings, seminars or any other activities organized by Birralee Gymnastics Inc.
DATE OF REVIEW	Biennial
CONTROLLING BODY	Birralee Gymnastics Inc

1. Purpose

The purpose of this policy is to provide Birralee Gymnastics Inc statement of position regarding our Blood Rule Policy.

2. POLICY STATEMENT

Birralee Gymnastics Inc is committed to ensuring that the objectives in this Policy and the supporting strategies are implemented to reflect best practice across all areas of participation.

It is important for Birralee Gymnastics Inc to take a leadership role to ensure the safety and good health of our all our members and agree to implement the following Blood Rule Policy. It is the policy of Birralee Gymnastics Inc that all possible attempts shall be made to prevent cross-infection, via blood or other body fluids, from occurring from person/gymnast during gymnasts training and events. FIG policy is that direct person-to-person transfer of blood-borne infection, whilst not impossible, does not require practical consideration, in the sport of Gymnastics. However, in gymnastics, circumstances might arise where bleeding occurs and contaminates apparatus. In such cases, the following should occur:

3. SCOPE

All activities undertaken by Birralee Gymnastics as part of its day-to-day operations including conduct of competitions, daily gymnastics lessons and related customer services are incorporated.

- 3.1 When a gymnast notices bleeding, he/she should make every effort to seek medical attention, to stop the bleeding and cover the wound, as soon as possible, or immediately when directed by Head Coach or Floor Supervisor on duty. If not, the Floor Supervisor shall be notified and the gymnast shall be required to leave the Training/Competition area.
- 3.2 A gymnast, with a bleeding wound, shall not be able to resume Training or Competition until appropriate medical attention has been given, and the area of bleeding deemed to be safe for return to the apparatus, to the satisfaction of the Head Coach or Floor Supervisor.
- 3.3 Any area of blood on the gymnast's clothing will need to be cleaned or covered, or the clothing changed, to the satisfaction of the Head Coach or Floor Supervisor. If not the gymnast may be required to leave the area until compliance is satisfactory.
- 3.4 Blood on apparatus should be cleaned, as soon as possible, with the appropriate disinfectant solution (as recommended by current medical practice), to the satisfaction of the Head Coach or Floor Supervisor.
- 3.5 If apparatus, or section of apparatus cannot be cleaned satisfactorily, the piece of apparatus may need to be replaced. Consultation should occur between the Head Coach and Floor Supervisor on duty.

- 3.6 The First Aid Officer shall be responsible for having appropriate cleaning solution and implements in the Venue at all times with protective gloves, and bags for disposal of waste products, as per acceptable medical procedure.
- 3.7 Should a bleeding incident occur during Competition, cleaning of apparatus should be performed as a priority, before any continuation can occur. However, consideration needs to be given to other circumstances, such as progression of the Event and not causing any unnecessary delay, appearance to the audience and safety of the other gymnasts and personnel. Consultation will be required between the Head Coach and Floor Supervisor.
- 3.8 If a significant bleeding injury occurs during a routine, the Head Judge for that apparatus, the Head Coach and/or Floor Supervisor shall have the authority to stop the routine and have the gymnast seek immediate medical attention and proceed as per policy. All open cuts and abrasions must be reported and treated immediately.
- 3.9 Those treating bleeding athletes should wear non-utility gloves i.e. disposable latex or vinyl gloves, which must never be reused.
- 3.10 Gloves must be worn in any occasion that direct contact is anticipated with blood or bloody substances, mucous membranes or non-intact skin, or surfaces contaminated with blood or bloody substances.
- 3.11 Gloves must be changed and discarded as soon as they are torn or punctured and after contact with each patient.
- 3.12 If a bleeding wound occurs the individuals participation stops until the bleeding has stopped and the wound has been cleaned and dressed.
- 3.13 Clothing soiled with blood must be changed before training or competition recommences. Incorrect clothing in a competition due to having to change because of blood rule will not be penalised.
- 3.14 Disposable resuscitation devices are to be used when providing CPR to limit exposure between the injured person and the resuscitator.
- 3.15 Bleeding wounds: exposure to blood should be cleaned with soap and water, or a 70% alcohol hand rubs if water is not available.
- 3.16 If eyes are contaminated they should be gently rinsed, with eyes open, with water or saline.
- 3.17 In the case that the athlete is wearing contact lenses, leave the lenses in and irrigate the eye with either water or saline. When the eye has been adequately irrigated, the lenses can then be removed and reused.
- 3.18 When cleaning up blood or body substances gloves must be worn and the spill contained. The bulk of the substance can be removed by soaking it up with an absorbent material and disposing of it in a sealed plastic bag. Wipe the site using a 1:10 solution of bleach.

4. REVIEW PROCESS

Recommended changes to this policy may be submitted to Birralee Gymnastics Committee of Management for consideration at any time. Should changes be accepted, the policy will be updated, dated and circulated to all relevant stakeholders via the webpage.

Birralee Gymnastics is committed to ensuring all policies are up-to-date and reflect current times, therefore reviews are undertaken biennial. The next review date is detailed at the beginning of each policy.

- 4.1 This policy will be reviewed by the Committee of Birralee Gymnastics Inc on a biennial basis.

5. POLICY PROMOTION

- 5.1 This Policy will be made available to all members via the Birralee Gymnastics website at www.birralegymnastics.com.au

- 5.2 This policy will be communicated to all staff, committee, technical coaches, coaches, parents and volunteers.
- 5.3 References to this policy will be included in the information documents that are provided to all officials that represent Birralee Gymnastics Inc.

Written By: Carolyn Herrmann

Approved By: Birralee Gymnastics Inc Committee of Management

Endorsed : 26th September, 2014

Reviewed: September 2015, September 2016, October 2017, July 2019

Date for next review: July 2021