

Canberra Runners Incorporated

Blood Spillage Policy

1. Purpose

Canberra Runners Inc. (Canberra Runners) aims to encourage and promote the sport of running in the Canberra region. In doing so, we seek to provide a safe environment for this to occur.

Canberra Runners recognises that a number of blood-borne illnesses have the potential to be transmitted during sporting contact. The more serious ones, including HIV, hepatitis B and hepatitis C, can greatly affect a participant's health.

The main objective of the Canberra Runners Blood Spillage Policy ("policy") is to protect participants, volunteers and officials in Canberra Runners' events and activities from the transmission of infectious diseases via blood spillage. The risk is considered to be very low, as running is not a body contact/ collision sport and most Canberra Runners' events and activities do not involve blood spillage.

Accidents involving grazes or abrasions do occur as a result of runners tripping particularly when competing on uneven or rocky surfaces (eg, trail running). However, such accidents are generally rare and minor in nature in terms of blood spillage.

2. Responsibility of Participants

It is the responsibility of the participants in Canberra Runners Inc. events and activities to:

- maintain strict personal hygiene by covering any pre-existing cuts or abrasions with an impermeable waterproof dressing prior to participating in events and activities
- if warranted, report to event and activity organisers or volunteers, and have treated appropriately, any open cuts and abrasions occurring during activities and events
- avoid unnecessary contact with the blood and body fluids of other participants
- seek confidential medical advice prior to participating if they have a blood borne disease, to discuss the potential hazards of participation and to limit any transmission of the disease to other participants
- stop participation if they are bleeding until the bleeding is controlled and, if warranted, the wound is covered or dressed.

3. Responsibility of Organisers, Volunteers & Officials

It is the responsibility of organisers of Canberra Runners' races (namely, the Spring, Summer and Winter series and the Jogalong) and events (namely, the Capital to Coast and the Canberra Half Marathon) (**races and events**):

- to ensure that a complete first aid kit is available, including a supply of gloves
- to identify in advance a suitably qualified person or persons (eg, with current first aid certificate) to provide first aid if needed
- if warranted, eg, for the long distance or rough terrain events, to provide dedicated first aid officers to safely treat participants requiring it
- to have a 'spill kit' available to safely clean any blood spills remaining on surfaces (the kit should contain a roll of paper toweling, gloves, sealable plastic

bags, and a 1:10 solution of bleach (use a bleach containing 5.25% sodium hypochlorite)).

First aid officers or anyone else responsible for treating bleeding people or handling blood contaminated materials should:

- wear disposable latex gloves. Gloves offer two way protection for both the person wearing the gloves and the person being treated. Not wearing gloves places first aid staff at risk of infection from sites such as under or around fingernails where skin tears are common
- use a new set of gloves to treat each person, and dispose of immediately after use
- wash hands with soap and water as soon as possible after gloves are removed.

It is the responsibility of organisers, volunteers and officials of Canberra Runners **aces and events** to:

- ensure anyone requiring first aid receives it
- ensure any blood spills remaining on surfaces are safely cleaned (by wearing gloves; mopping up blood spill with paper towel; washing/ disinfecting area with paper towel using 1:10 solution of bleach (use a bleach containing 5.25% sodium hypochlorite), and disposing of paper towels in a sealed plastic bag and garbage bin).

More generally, at all Canberra Runners' activities and events, everyone must:

- treat all blood and body fluids as though they are potentially infectious
- take precautions not to come into contact with another person's body fluids, (particularly blood), or with soiled objects even if the risk is low
- take care to avoid blood from the wounded participant coming into contact with any skin punctures or cuts, particularly on the fingers, or the eyes or membranes of the nose or mouth
- take the following precautions if blood or other body fluids have spilled onto you, or if contact has been made with an open wound, broken skin or mucous membranes (mouth, eyes, genitals):
 - i. wash the area of contact thoroughly with soap and warm water.
 - ii. if the blood contacts the mouth or eyes, rinse very well with water.
 - iii. see your own doctor as soon as possible.

4. Education

In the event of an accident involving blood spillage, the wounded person must be safely treated and the blood spillage area safely cleaned, and the incident brought to the attention of runners and officials, if warranted.

For races, events and activities where there may be greater risk of tripping, participants should be briefed prior to the event/ activity about taking care and about the first aid, blood spillage clearance, and reporting requirements and arrangements.