

CIF COMMUNICABLE DISEASE PRECAUTIONS

1. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
2. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
3. The bloodied portion of the uniform must be properly disinfected or the uniform changed before the athlete may participate.
4. Clean all blood contaminated surfaces and equipment with a solution made from a 1-100 dilution of household bleach or other disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency direct mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin condition should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouthguards and other articles containing body fluids.
10. Refer to the specific CIF sport rules for additional information.

1992-93 CIF SPORT RULES RELATED TO UNIVERSAL PRECAUTIONS**Baseball: Rule 3-1-6**

A player or coach who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment has been administered. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The length of time that is considered reasonable is the umpire judgment. The reentry rule would apply to players.

1992-93 CIF SPORT RULES RELATED TO UNIVERSAL PRECAUTIONS (continued)

Basketball: Rule 3.4.5

The officials shall order any player who is bleeding, or has an open wound or has any blood on his/her uniform to leave the game for appropriate treatment and may not return prior to the first opportunity for such player to return.

Field Hockey: Rule 4.2.4

When a player is bleeding, has an open wound or has blood on her uniform, the game shall be stopped at the earliest possible time. The player shall leave the field of play and shall not return until she has received proper treatment. Competition area and equipment which become contaminated shall be properly cleaned before play resumes.

Football: Rule 3-4-9C

A timeout occurs when a player is discovered who is bleeding, or has an open wound, or has any blood on his uniform. Such a player shall be considered an injured player as in Article (a) and leave the game for appropriate treatment.

Gymnastics: Girls - Rule 3.2.4; Boys - Rule 2.5.4

Competitors who are bleeding, have an open wound or blood on the uniform shall not participate in an event until proper treatment has been administered.

Gymnastics: Girls - Rule 3.1.2; Boys - Rule 2.2.5

Competition areas and equipment contaminated with blood or other body fluids from an open wound must be properly cleaned before competition in that area is conducted.

Soccer: Rule 3.3.2B

A team must substitute when a player is bleeding, or has an open wound, or blood on the uniform. Such a player shall leave the game for appropriate treatment. The player may return at the next legal substitution opportunity only after the uniform and/or skin conditions have been appropriately treated.

1992-93 CIF SPORT RULES RELATED TO UNIVERSAL PRECAUTIONS (continued)**Softball: Rule 3-1-9**

A player or coach who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment has been administered. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The length of time that is considered reasonable is umpire judgment. The reentry rule would apply to players.

Swimming and Diving: Rule 3-2-5

Competitors who are bleeding, have an open wound or blood on the uniform shall not participate until proper treatment has been administered. Competition areas and equipment out of the pool which becomes contaminated shall be cleaned before competition is conducted.

Track and Field: Rule 4-5-11

Contestants who are bleeding, have an open wound or blood on the uniform may not participate in any event until appropriate treatment has been administered.

Volleyball: Rule 11-4-2

When a player is bleeding, has an open wound or has blood on his/her uniform, the game shall be stopped at the earliest possible time. The player shall leave the court and shall not return until proper treatment has been administered. Competition area and equipment which becomes contaminated shall be properly cleaned before play resumes.

Water Polo: Rule 3-2-16

Competitors who are bleeding, have an open wound or blood on the uniform shall not participate until proper treatment has been administered.

Wrestling: Rule 8-2-6

The match will be stopped for any bleeding, open wound or blood on the uniform and will not continue until appropriate treatment is given to the contestant(s).