



Gold Coast Gymnastics
Club

HEALTH & SAFETY Infectious Disease Policy

1. Policy Statement

Gold Coast Gymnastics Club acknowledges that a number of communicable diseases can potentially be transmitted during body contact by the transfer of body fluids from one person to another via broken skin or mucous membranes. The more serious include blood borne viruses such as hepatitis B, C and HIV. Other bacteria and viruses can be transmitted via saliva and other secretions from the nose and throat when water bottles and other similar articles are shared during sporting activities. Potential infections transmitted via this route include whooping cough, influenza and glandular fever. Gold Coast Gymnastics Club will ensure every step outlined in this Policy is undertaken to minimise the potential exposure to risk.

2. Purpose

The purpose is to educate staff and participants of the requirements and processes necessary to provide a safe and aware environment.

3. Rationale

Due to the dynamic and physical nature of gymnastics, education and precautions are required to deal with cuts, abrasions and the potential spread of disease. G.C.G.C recognises that infectious diseases can affect the performance abilities of children and adults.

4. Scope

This Policy applies to all of Club 10 Gymnastics' trainings, meetings, functions and events. It is inclusive of all members, participants, officials and others taking part in Club 10 Gymnastics' activities. Club 10 Gymnastics takes infectious disease seriously and will strictly follow the Policy in order to allow our members to develop and maintain healthy lifestyles.

5. Policy Education

This Policy will be available in a hard copy to all members through inclusion on the club website or upon request from the office, and will be distributed to new members in the same manner. Every effort will be made by Gold Coast Gymnastics Club to provide relevant up-to-date information from National and State Government bodies on infectious disease.

6. Policy Compliance

The following recommendations will reduce the risk of transmitting infectious disease:

a. Participants

- It is the participant's responsibility to maintain strict personal hygiene, as this is the best method of controlling the spread of infectious diseases;
- It is strongly recommended that if participants are feeling unwell prior to a sporting event, they should not participate; they should consult the team doctor or their General Practitioner;
- All participants with prior evidence of a communicable disease are strongly advised to obtain advice and clearance from a doctor prior to participation; &
- The practice of spitting in common areas is not be permitted.

b. Common Areas

- It is G.C.G.C's responsibility to ensure that the dressing rooms are clean and tidy; particular attention should be paid to hand-basins, toilets and showers;
- Adequate soap, paper hand towels, brooms, refuse disposal bins and disinfectants must be available at all times;
- All clothing, equipment and surfaces contaminated by blood must be treated as potentially infectious and treated accordingly. Blood spills should be dealt with immediately;
- Sharing of towels, shaving razors, face washers, toothbrushes and drink containers should not occur;
- In all training areas, open cuts and abrasions must be reported to the coach and treated immediately. Any open areas on the skin should be cleaned thoroughly and covered with a protective dressing prior to further participation; &
- Participants should be supplied with their own labelled water bottles and any other equipment that has the potential to be contaminated with saliva.

c. Coaches and Judges

- Coaches must report all open cuts and abrasions to medical staff at the first available opportunity; any open areas on the skin should be cleaned thoroughly and covered with a protective dressing prior to further participation;
- All contaminated clothing and equipment must be replaced prior to the participant being allowed to resume participation;
- If bleeding should recur, the above procedures must be repeated;

- If bleeding cannot be controlled and the wound securely covered, the participant must not continue participation;
- It is strongly recommended that if participants or coaches are feeling unwell prior to the sporting event, they should not participate. They should consult the team doctor or their General Practitioner;
- Participants or coaches who are unwell during or after a sporting event should not continue to take part in the event, unless cleared to do so by the team doctor or a General Practitioner;
- Participants or coaches who have an open cut or ulcerating sore should be seen by a doctor and not take part in a sporting event unless cleared to do so by a doctor; &
- Coaches and judges should be supplied with individually labelled water bottles and any other equipment that has the potential to be contaminated by saliva. These items must not be shared with another person at any time.

d. Education

- There is an obligation upon G.C.G.C to provide suitable information on the associated risk factors and prevention strategies against communicable diseases;
- Additional information may be obtained from team doctors or the Department of Health and Human Services' Communicable Diseases Prevention Unit;
- The safe handling of contaminated clothing, equipment and surfaces must be brought to the attention of all players and ancillary staff; &
- Although hepatitis B vaccination is usually effective in raising immunity to hepatitis B, it provides no protection against other blood-borne diseases such as HIV. Vaccination must not result in any relaxation of hygiene standards.

7. Confidentiality

Breaches of this policy must be reported to the club's Members Protection Information Officer (MPIO) or club management within 14 days of any occurrence. Breaches of this policy must be kept confidential and disclosure to any third party beyond the management is not permitted.

8. Policy Outcomes

Anticipated outcomes of Gold Coast Gymnastics Club Infectious Disease Policy are as follows:

- Increased awareness of Infectious Disease;
- Increased awareness of the management of Infectious Disease;
- Healthy Club members;
- Education of members in this important area; &
- Reduction in incidence of infectious disease at Gold Coast Gymnastics Club.