



## **Infectious Disease Guide and Procedures**

### **Preamble**

Eastern Independent Schools Melbourne (EISM) Sporting Association has 21 Member Schools that are located across the Eastern suburbs of Melbourne. The Member Schools compete in weekly Home and Away sporting seasons across the year, Events and Carnivals.

### **Purpose**

The purpose of this policy is to minimise the risk of transmission of infectious diseases to the EISM network as far as reasonably practicable and to manage persons who have contracted an infectious disease.

The intent of this policy is to;

- promote and protect the health and wellbeing of staff and visitors (including the general public, volunteers, contractors, sub-contractors and their employees) while they are at EISM premises or engaged in EISM work or at other premises
- provide recommendations for the prevention of infectious disease transmission for its member students when participating in EISM sporting events.

EISM is committed to providing a safe workplace that actively promotes the health and wellbeing of its employees. EISM encourages a workplace culture that ensures the proactive identification and management of risk and hazards throughout EISM's work environment.

### **Scope**

These guidelines apply to all EISM staff and the conduct of EISM sport

### **Principles**

EISM recognises that, while most work situations pose little risk of infectious transmission, there are some staff who have a higher risk of contracting an infectious disease because of the nature of their work environment and/or activities.

EISM is committed to:

- taking appropriate steps to prevent or minimise the risk of infection posed by transmission of infectious diseases from a person to any other person;
- promoting informed awareness, tolerance and understanding in relation to infectious diseases by disseminating and publicising up-to-date information widely throughout the EISM community;
- promoting preventative measures and standard precautions for dealing with infectious diseases;

### **Responsibilities**

Executive Officer is responsible for:

- determining any activities that may place staff at risk of acquiring an infectious disease during the course of their work; including completing a risk assessment of hazards and determining relevant controls to eliminate or mitigate the risk;
- managing health and safety risks in each area of responsibility, including completing a risk assessment of hazards and determining relevant controls to eliminate or mitigate the risk;
- ensuring that affected staff undertake any necessary training to ensure their safety and reduce the risk of acquiring or transmitting an infectious disease;

- ensuring that all incidents that may place staff or others at risk of infection are investigated, recorded and reported to the Executive Officer, in accordance with EISM's Work Health and Safety procedures; and
- ensuring that staff or students who have been affected by an incident involving exposure to blood, body fluids or other infectious material are provided with appropriate first aid and have access to medical services.

All staff are responsible for:

- complying with legislative requirements and EISM policies relating to Work Health and Safety and anti-discrimination, and following health and safety procedures that apply to their work;
- using standard precautions when handling potentially infectious material;
- reporting incidents involving exposure to blood, bodily fluids or other infectious material;
- reporting any breaches relating to Work Health and Safety to the Executive Officer;
- acting in a manner that does not place themselves or others at risk of contracting infectious diseases.

### **Confidentiality and Privacy**

There is no general requirement for staff to inform EISM if they have an infectious disease. However, in circumstances where the disease is likely to affect others, disclosure to the relevant manager is strongly encouraged for health and safety reasons.

EISM has a statutory responsibility to ensure the confidentiality of information about staff and students who have an infectious disease. All steps should be taken to ensure privacy and confidentiality in all situations related to infectious diseases.

### **Transmission**

People can be exposed to infection at the workplace and through participation in sport in a variety of ways:

- Through blood to blood contact via broken skin and open wounds.
- Through contact between a person's broken skin, mouth, eyes, and other mucous membranes with another person's infected body fluid.
- Through exposure of the skin to another person's infected skin or body fluids. This may be via direct body to body contact or indirectly through the use of shared equipment (e.g. drink bottles), clothing (e.g. jumpers, socks).
- By breathing in airborne droplets of saliva or sputum when an infectious person coughs, sneezes or spits. The common cold and the flu are easily passed on from person to person in this way.

### **Recommendation (EISM Sport)**

#### **BLEEDING & BLOOD BORNE INFECTIONS**

- No Member School shall allow any player to participate in any EISM match or continue to participate in any EISM match for so long as such player is bleeding or has blood on any part of their person or uniform.
- On the direction of any officiating Umpire:
  1. A player who is bleeding or has blood on their clothing must immediately leave the playing field or court and seek medical attention.
  2. The bleeding must be stopped, the wound dressed and blood on the player's body or cleaned off before they return to the game.
  3. Play must cease until all blood on the ground or equipment is cleaned up. Any player thus directed to leave the field can be replaced immediately in accordance with normal interchange rules.
- All blood and body fluids should be treated as though they are potentially infectious, latex gloves should always be used when treating a player.
- Each Member School shall ensure that any bloodied item of uniform or clothing of a player or official is placed as soon as possible in a hygienic sealed container i.e. closed plastic bag and laundered to ensure the removal of all blood.

- Each Member School shall ensure that all towels, wipes, bandages, dressings and other materials used in the treatment of bleeding players shall be placed as soon as possible in a hygienic sealed container and discarded or laundered in such a way as to remove all blood and risk of infection.
- It is strongly recommended that all coaches, students and officials participating in body contact sports should be vaccinated against Hepatitis B.

### **AIR BORNE INFECTIONS AND VIRUSES**

No Member School shall allow any player to participate in any EISM match or continue to participate in any EISM match for so long as such player demonstrates cold and flu like symptoms such as **coughing, sore throat** and **fatigue**

- Make sure you and the people around you follow good respiratory hygiene. This means covering your mouth and nose when you cough and/or sneeze with:
  - a tissue that you put in the bin straight after use
  - your bent elbow
  - respiratory hygiene is important because droplets spread virus. By following good respiratory hygiene, you 'catch' any droplets that might be produced, and this protects the people around you from viruses
  - clean hands after coughing and sneezing

Students involved in an incident (through sporting or other contact) where they are concerned that they may have become infected with a blood-borne virus or any other serious infection, it is important to seek immediate medical advice, with a doctor, local community health service or hospital.

### **References and Background Information**

*Blood Rules Ok Pamphlet*

[https://sma.org.au/sma-site-content/uploads/2017/08/Blood\\_rulesOK-pamphlet.pdf](https://sma.org.au/sma-site-content/uploads/2017/08/Blood_rulesOK-pamphlet.pdf)

*Australian Government – Department of Health – Communicable Disease Information  
'Infection control guidelines for the prevention of transmission of infectious diseases'*

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/cda-pubs-cdi-2004-cdi2802-htm-cdi2802b.htm>

### **Disclaimer:**

*These guidelines do not create any binding obligations on the EISM. The association has no control over the implementation of these guidelines and cannot be held liable where schools or individuals fail to follow any aspect of these guidelines, during participation in school sport, personal sport, or club sport.*

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