



Martial Arts Blood Policy

This policy has been issued by the Minaputa Dojo as a best practice guide at all levels of member participation.

Instructors need to be aware of and implement the following policy in relation to the safety of the dojo and the risk of viral transmission.

As a practical guide the following interpretation of dojo safety is to be followed:

- 1. During training the instructors shall order any participant who is bleeding or has an open wound, to leave the dojo floor*
- 2. Before the participant is allowed back onto the dojo floor the wound should be treated (no further bleeding) and the affected area completely and securely covered*
- 3. If there is blood on the uniform the participant should change the uniform immediately*
- 4. Under no circumstances should a participant with wet or dry bloodstains on their uniform be allowed on the dojo floor*

5. *Prohibit a participant from returning to the dojo floor with a blood stained uniform, unless the uniform has been soaked in the recommended solution for at least five minutes and thoroughly rinsed off with water. Destroy the HIV with a solution of 0.5% bleach and 2% detergent mixed with water and applied for five minutes.*
6. *Blood on equipment - replace and treat in the same way as for blood on a uniform*
7. *Blood spills on the floor or benches should be wiped thoroughly with the bleach and detergent solution*
8. *A "Blood Kit" should be situated in the utility area of the dojo at all times*
9. *The Kit should be used only for the purpose of dealing with blood spills on the dojo floor or walls*

Suggested Contents of the Blood Kit:

- 1 x Packet of paper hand towels*
- 1 x Packet of disposable non-latex surgical gloves*
- 1 x Packet of medium size re-sealable plastic bags*
- 1 x Spray Bottle with 0.5% bleach and 2% detergent mixed with water*

Bleach is the key ingredient. Standard household bleach is acceptable, but it must not be used past its use by date.

Solutions should only be used if they have been mixed (prepared) that day.

Guidelines for Instructors

Persons caring for bleeding participants and blood on surfaces should:

1. *Take precautions so as not to come into contact with body fluids, particularly blood, or with soiled objects, even if the risk is low*
2. *Take care to avoid blood from the wounded person coming into contact with skin punctures or cuts, particularly on the fingers, or reaching the eyes or the mucous membranes of the nose or mouth*
3. *Spray the bleach and detergent solution directly onto the spill surface, then wipe the surface with paper towels*
4. *Always wear latex, disposable surgical gloves in anticipation of contact with body fluids, particularly blood from the nose, mouth or a wound when touching nasal mucous membranes or broken skin (abrasions, dermatitis) or when handling soiled objects. The gloves must be discarded after use*
5. *Place soiled linen, and uniforms into sealed plastic bags, to then be washed in a normal machine-wash process*
6. *After placing soiled paper towels, surgical gloves, compresses, dressings and bandages into a sealed bag. Destroy or dispose of the bags in garbage disposal bins*
7. *Thoroughly wash hands with a bleach and detergent solution before and particularly immediately after contact with the person being treated, even if gloves have been worn*
8. *Wash all areas that have come into contact with body fluids*

9. *Do not use sponges, especially not to clean several wounded persons in succession*

Information on the Prevention of AIDS:

1. *Some activities carry a greater risk of contamination than others in so far as there is a greater possibility of blood contact*
2. *Contact can occur through open and bleeding wounds as well as through abrasive or inflammatory injuries to the skin*
3. *Martial Arts as practiced by the TMAA is classified in the medium risk category*
4. *In the field of martial arts one should know that the AIDS virus cannot be transmitted by saliva, sweat, urine, skin contact, handshakes, bath water, swimming pools, showers or toilets*
5. *Light washing with detergent or water does not necessarily kill the HIV virus. HIV can survive in dried blood for up to seven days*
6. *The risk of blood on clothing being transmitted to another player is extremely small, but real*

References:

Instructors should be familiar with the following documents available from Sports Medicine Australia:

<http://sma.org.au/resources/policies/infectious-diseases/>

- *Blood Rules OK Booklet*
- *Blood Rules OK Pamphlet*