

# BLOOD SPILLS

All athletes and teams should handle blood and bodily fluids in exactly the same way. This allows athletes to carry the routine from season to season. If an athlete is bleeding:

1. Report injury to coach or trainer immediately. (Remind athletes **not** to use jersey or other parts of uniform to control bleeding. Excessive blood on a uniform may result in the athlete being removed from the contest.)
2. Coach/trainer will supply athlete with paper toweling - antiseptic wipes, etc. to begin **self-care**. (Coach/trainer will then **put on latex-free gloves** to provide **assisted care**, if needed.)
3. Coach/trainer provide assistance as needed to properly treat injury.
4. **Spot Clean Uniform:** (Sani-Foam Spray)  
Avoid bleach solution on apparel.
5. **Spot Clean Area:** Floor, bleachers, equipment, etc.  
(Sani-Foam or bleach solution is O.K.)
6. Properly dispose of contaminated materials:
  - a. Light blood/fluids can be discarded in any sealed plastic bag and disposed in any trash receptacle.
  - b. If fluid on material is - dripable, pourable or squeezable, dispose in **RED** contaminated waste bag.
  - c. If apparel must be changed due to excessive fluid content, store in sealed plastic bag and have athlete launder and return.

**Note:** It will be the officials' decision on whether or not a uniform must be removed. Plan ahead and carry extra apparel if you want an athlete to be able to return to the contest.