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## **Infectious Diseases Policy**

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Playing football, as with all team sports, involves players living and training in close contact with others. While this increases the risk of contracting common illnesses such as respiratory infections, skin infections or gastroenteritis, simple measures can reduce the chances of transmission of these infections.

### **Transmission Reduction Strategies**

- Avoid sharing drink bottles,
- wash hands regularly,
- avoid spitting, and
- Ensure a generally clean environment in change rooms.

### **Bleeding during Games**

Specific rules apply to players with acute bleeding during a game. Players who are bleeding should:

- be removed from the ground immediately and the bleeding controlled.
- AJFC will provide medical attention.
- All open wounds will be covered before returning to play.
- All clothing contaminated with blood should be removed and washed.

These measures reduce the risk of transmission of blood-borne viruses.

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