

Seattle School of Aikido Blood & Body-Fluid Borne Pathogen & Infectious Health Risk Policy & Waiver

The following policy has been adopted by the Seattle School of Aikido to minimize the risk of transmission during Aikido training of HIV, hepatitis B, hepatitis C, and other blood and body fluid-borne pathogens. Current available evidence suggests that the risk of transmission of blood borne pathogens during any type of body contact that occurs in Aikido training is slight. Persons infected with blood borne pathogens are not banned from participating in training at the Seattle School of Aikido.

Seattle School of Aikido will observe the Center for Disease Control's "universal precautions" as modified for Aikido training. Generally, this means that instructors and all persons training at the Seattle School of Aikido shall treat all exposed bodily fluids as if they are infected. Specifically, the following measures will be observed at all times:

- 1) The most frequent points of contact between training partners are the hands. Other exposed parts of the body subject to particular risk of cuts and abrasions are the feet, the face and the neck. For these reasons the following procedures must be observed.
 - a) You will inspect the exposed parts of your body prior to participating in Aikido training to ensure that there are no breaks in your skin such as abrasions, open cuts, or sores.
 - b) You will ensure the fingernails and toenails are trimmed and smooth in order not to be a cause of cuts.
 - c) If your training uniform becomes soiled with blood or body-fluid, you will immediately clean it to remove visible traces of blood.
 - d) If you have any open cuts or sores, you will clean them with a suitable antiseptic and cover them securely with a leak-proof dressing before coming on the training mat. You will make sure they stay covered while you are training.
 - e) If your hands or feet have broken skin, suitable taping, gloves or socks will be worn to cover these areas.
 - f) If you notice that someone else has an open cut or sore you will advise him or her of the fact and cease training with the individual until the appropriate covering is in place. If a person does not immediately remedy the situation, you will notify the class instructor.

- 2) If a wound becomes uncovered, open or is bleeding even to a minor extent during training, the person bleeding shall immediately stop training and leave the mat until the bleeding stops and the wound is securely covered as described above. If the injured person needs assistance with this procedure, each person assisting shall wear a pair of latex or nitrile gloves (available from the first aid station). Used gloves and bloody cloths or dressings may be disposed of in the restroom trash container, as long as they are not soaked to an extent that liquid blood can be squeezed from them. Hands shall be washed with soap and water immediately after gloves are removed. Minor blood stains on dogi will be cleaned with water and hydrogen peroxide solution. If there are major blood stains or soiling, the dogi shall be removed immediately, placed in a plastic bag, and laundered or disposed of.

3) If you come in contact with the blood of another, make an immediate attempt to locate and alert the individual who is the source of the bleeding, leave the mat and follow Procedure 2 above.

4) If blood is discovered on the mat during training, the partner of the person bleeding will ensure that other students do not come in contact with the blood. The blood, regardless of amount, will be cleaned up immediately by wiping down the exposed surface with wet paper towels and hydrogen peroxide solution. The solution will then be wiped up with additional wet paper towels. Each person assisting with the cleanup (other than the injured person) shall wear latex or nitrile gloves and shall dispose of the gloves and paper towels used for cleanup in the manner described in Procedure 2 above. Upon completion of the cleanup, each assisting person shall wash his or her hands with soap and water immediately after gloves are removed.

5) There are diseases and illnesses other than those known to be transmitted through blood and body fluids. You are reminded that you are responsible for not only your own health and safety, but also the health and safety of your training partner. If you know or suspect that you have any illness which might affect or infect others, or which might impair your ability to train safely, you have the obligation to refrain from training until you are not a risk to others.

I have read, understood, and comply with each and every part of this policy.

Printed Name

Participant Signature

Date

For Parents or Guardians of Minors

We, the parents or legal guardian(s), consent to allow this minor individual to participate in Aikido training at the Seattle School of Aikido. We have read and understood each of the foregoing paragraphs and intent to bind ourselves, the minor, and all heirs, successors, executors, the estate, and dependents of said minor, to the terms hereof.

We agree to hold Seattle School of Aikido, its agents, instructors, employees, and associated individuals harmless from any action brought as a result of participation by this minor in any activity of the Seattle School of Aikido, and promise to indemnify Seattle School of Aikido and releases for all liability and losses including attorney's fees occasioned by a claim by, on behalf of, or on account of injuries to said minor, and to fully indemnify all such losses.

Parent or Guardian Name Printed

Parent or Guardian Signature

Date

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