

INFECTIOUS DISEASE

The North Carolina High School Athletic Association has adopted the National Federation Guidelines in an effort to minimize the possibility of transmission of any infectious disease during a high school athletic practice or contest. Each school is strongly encouraged to develop its own action plan for the prevention of the transmission of infectious diseases.

Communicable Disease and Skin Infection Procedures

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

Universal Hygiene Protocol for All Sports

- Shower immediately after all competition and practice
- Wash all workout clothing after practice
- Wash personal gear, such as knee pads, periodically
- Don't share towels or personal hygiene products with others
- Refrain from (full body) cosmetic shaving

Infectious Skin Diseases

Means of reducing the potential exposure to these agents include:

- Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.
- Follow NFHS or NCHSAA guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS or NCHSAA guidelines.

Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include;

- Bleeding must be stopped immediately and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.
- Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.
- Immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

These procedures were obtained and revised by the NFHS (August 2005)

HAZING

The NCHSAA encourages coaches and other school personnel to create and vigorously enforce rules against hazing and similar practices.

Hazing is defined as deliberately subjecting another person to physical injury as part of an initiation or prerequisite for membership ... (House Bill 171). It is against North Carolina Law (G.S. 14.35). Regardless of a student's willingness to participate, hazing and other humiliating activities expected of a student to belong to a team or group, have many negative consequences. It obstructs the development of good citizens, escalates the risks of participation, negates positive contributions,