

## INFECTIOUS DISEASES

## 1.22

1. The policy of Orienteering Australia (OA) is to limit, as far as reasonably possible, the risk of transmission of infectious diseases at all orienteering events. This policy may be achieved by adhering to the recommendations set out in the following paragraphs.
2. It is the responsibility of all orienteers and event officials to maintain strict personal hygiene, as this is the best method of controlling the spread of infectious diseases.
3. All orienteers with prior evidence of infectious diseases are strongly advised to obtain confidential advice and clearance from a doctor prior to participation.
4. It is the responsibility of the organisers of an event to ensure that toilets and hand washing facilities, if supplied at events, should be kept clean and tidy and that adequate supplies of toilet paper, fresh water for washing, soap, paper hand towels, refuse disposal bins and disinfectants should be available at all times.
5. The sharing of drink containers should not occur and competitors should not be able to immerse the hands in water supplied for drinking. To this end water at events must not be supplied in open containers such as garbage containers. Water for drinking at events should be supplied in sealable containers, preferably with taps, and dispensed in disposable cups. When sealed packs of disposable cups are opened, they should be opened from the bottom, so that the lips of the cups remain protected and not exposed to contamination. The cups should be discarded after use so that they cannot be reused and in such a way as to pose no environmental problems. Water supplied on courses as described in Operational Manual 2nd Ed Leaflet 2.1 Competition Rules for Orienteering Australia Foot Orienteering Events rule 19.8 should also be subject to these provisions.
6. Competitors may be encouraged to carry their own water supply or cups on courses, but this in no way diminishes the responsibility of organisers in supplying drinking water for competitors as required in Operational Manual 2nd Ed Leaflet 2.1 rule 19.8.
7. All clothing, equipment and surfaces contaminated by blood may be treated as potentially infectious. Organisers must ensure that adequate first-aid equipment is available at events and that any person who, on behalf of the organisers, treats an orienteer with open cuts and abrasions should wear disposable rubber or plastic gloves. Organisers must also ensure that event officials who are likely to come into contact with orienteers' equipment which has also become contaminated with blood (eg control cards or maps) can be supplied with disposable rubber or plastic gloves.
8. There is an obligation on all State/Territory orienteering associations and the OA to provide suitable information to clubs and individual orienteers on the associated risk factors and prevention strategies against infectious diseases.

March 2008