



NEW YORK AIKIDO SOCIETY, INC. BLOOD POLICY & BODY FLUID PATHOGEN POLICY

To protect the New York Aikido Society, Inc. members from risk of disease, the New York Aikido Society, Inc. has adopted the following policy to minimize the risk of transmission of HIV, Hepatitis B, and other blood and body fluid borne pathogens during Aikido training. Although current available evidence suggests that risk of transmission of HIV or other pathogens during the type of body contact that occurs in Aikido training is slight, all members should observe these "universal precautions" as modified for Aikido.

BEFORE TRAINING

- Be sure all fingers and toenails are trimmed.
- Cover all open cuts or sores with a suitable antiseptic and cover them securely with a leak proof dressing before coming on the training mat.
- Cover all healed wounds that might open during practice with a leak proof dressing.
- No jewelry of any kind should be worn on the mat. If you must wear jewelry, you must cover it with tape.

PROCEDURE FOR WOUNDS INCURRED DURING TRAINING

- If you or your partner should begin to bleed, stop practice immediately.
- The person who is bleeding should quickly leave the mat and cover the wound.
- After covering the wound, the injured person should clean the blood from the mat. To clean the mat, cover the blood with hydrogen peroxide, let it sit for 30 seconds to lift the stain, then dry it with a disposable towel. Then use disinfectant over the area, and once again dry it with a disposable towel.
- The partner of the person bleeding should stand near the area of spilled blood and keep other practitioners from coming into contact with the spilled blood. He or she should also protect the person who is cleaning up the blood.
- If you come into contact with blood that is not your own, you should quickly wash of the area with soap and water.
- If an injured person needs assistance, each person assisting should wear a pair of latex gloves.
- All used gloves, bloody cloths or towels, and dressings should be placed in a leak proof plastic bag and disposed of carefully.

I HAVE READ, UNDERSTOOD, AND WILL COMPLY WITH EACH AND EVERY PART OF THIS POLICY.

PARTICIPANT: _____ DATE: _____

SIGNATURE: _____

PARENT/GUARDIAN: _____ DATE: _____

SIGNATURE: _____