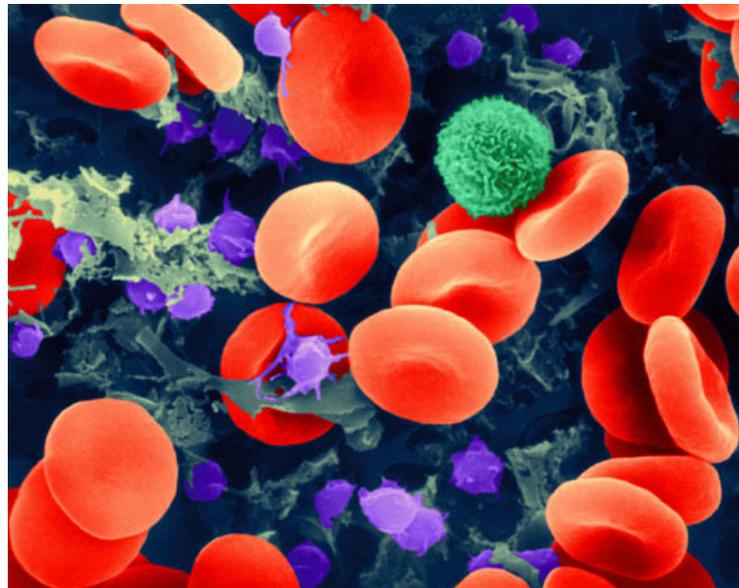


Unit 3: Sports and Infectious Diseases

Instructional Activities for Ages 9-12



PKIDs' Infectious Disease Workshop

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the Children's Vaccine Program at PATH and PKIDs.

PKIDs' Infectious Disease Workshop

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There are people who've helped us whose names are not on this printed list. That omission is not deliberate, but rather from our own clumsiness in losing important pieces of paper, and we apologize.

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This publication contains the opinions and ideas of its authors. It is intended to provide helpful and informative material on the subject matter covered. Any information obtained from this workshop is not to be construed as medical or legal advice. If the reader requires personal assistance or advice, a competent professional should be consulted.

The authors specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this workshop.

Introduction

PKIDs (Parents of Kids with Infectious Diseases) is a national nonprofit agency whose mission is to educate the public about infectious diseases, the methods of prevention and transmission, and the latest advances in medicine; to eliminate the social stigma borne by the infected; and to assist the families of the children living with hepatitis, HIV/AIDS, or other chronic, viral infectious diseases with emotional, financial and informational support.

Remaining true to our mission, we have designed the *Infectious Disease Workshop (IDW)*, an educational tool for people of all ages and with all levels of understanding about infectious diseases. In this workshop, you will learn about bacteria and viruses, how to prevent infections, and how to eliminate the social stigma that too often accompanies diseases such as HIV or hepatitis C.

We hope that both instructors and participants come away from this workshop feeling comfortable with their new level of education on infectious diseases.

The IDW is designed to “train-the-trainer,” providing instructors not only with background materials but also with age-appropriate activities for the participants. Instructors do not need to be professional educators to use these materials. They were designed with both educators and laypersons in mind.

The IDW is comprised of a master Instructor’s Background Text, which is divided into six units: Introduction to Infectious Diseases, Disease Prevention, Sports and Infectious Disease, Stigma and Infectious Disease, Civil Rights and Infectious Disease, and Bioterrorism and Infectious Disease.

For each unit, instructors will find fun and helpful activities for participants in five age groups: 2 to 6 years of age, 6 to 9 years of age, 9 to 12 years of age, 13 to 18 years of age and adults.

We welcome any questions, comments, or feedback you may have about the IDW or any other issue relating to infectious diseases in children.

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Dear Parents,

Our class will soon be studying infectious diseases. We will learn about what germs are and ways we can keep from spreading germs. We will also learn that people who have infectious diseases don't have to be treated differently or singled out just because they have a disease.

The workshop we will use has been created by PKIDs (Parents of Kids with Infectious Diseases), a national nonprofit organization dedicated to supporting families touched by infectious diseases.

Your child may have questions about germs or may come home with new ideas about preventing the spread of germs. Here are a few ways you can stay informed:

View PKIDs' website. PKIDs' website can be found at www.pkids.org. You may also request information by calling PKIDs at 1-877-55-PKIDS.

View the instructor's background text for the Infectious Disease Workshop (IDW). The primary purpose of this text is to provide teachers with background information on infectious diseases. It is a good text for anyone seeking general information on infectious diseases. The text provides information about specific diseases, methods of disease prevention, and civil rights for those affected by infectious disease. Visit www.pkids.org for a link to the IDW background texts in PDF format.

View descriptions of the activities we will be doing in class. Visit www.pkids.org for a link to the activities and handouts in PDF format.

The world becomes smaller every day and germs from near and far continue to threaten our health. It is extremely important to educate our young people, equipping them with prevention methods to protect their health and stop the spread of disease.

As always, please feel free to contact me with any questions!

Sincerely,

SPORT SAFETY

Interviews

LEVEL

Ages 9-12

OBJECTIVE

- Students will locate sport safety information.
- Students will present their findings to their classmates.

MATERIALS

- Paper to write/draw on.
- Pencils, markers, crayons, etc. for writing/drawing.



PREP

None

INSTRUCTIONAL COMPONENTS

1. Introduce the project by talking about how we sometimes get hurt playing sports and games. Possible questions include:
 - Think about a time when you got hurt playing sports or games.
 - What happened? What did you do? What did other people do?
2. Talk about how we have to be careful when we help injured people because of germs that can be found in blood and other body fluids.
3. Ask the students to name some people they know who teach sports and games—P.E. teachers, coaches, etc. Also mention doctors and nurses (like the school nurse) who help people when they get hurt playing sports and games. Write these things down on an overhead or chalkboard.
4. Ask students to interview these people to find out *1-3 things that we can do when playing sports/games to help keep from getting hurt or spreading disease when we do get hurt.*
5. Ways to help younger students remember to conduct their “interviews”:
 - Remind them just before going to P.E. or recess so they can ask the teacher(s) there.
 - Alert these teachers ahead of time so they will understand what the children are asking.

ASSESSMENT

- Students can illustrate and/or write down their findings and share them with the class.
- Ask students to name ideas that more than one person found out about.

STAYING SAFE IN SPORTS

Posters for Preventing Blood Spills and Transmission of Bloodborne Pathogens

LEVEL

Ages 9-12

OBJECTIVE

Students will summarize safe behaviors to observe when playing sports or participating in recreational activities.

MATERIALS

- Posterboard or butcher paper
- Scissors
- Glue
- Variety of pens
- Magazines or any other sources of pictures

PREP

Determine working dyads/groups, if desired.

INSTRUCTIONAL COMPONENTS

1. Introduce the project.
 - Students will make safety posters for various sports/activities.
 - Posters should not be weighed down with words, but should pictorially demonstrate safety concepts, i.e., “showing” more than “telling.”
 - ***Posters should emphasize activities/precautions to follow that will minimize the potential for blood spills and transmission of bloodborne pathogens.***
2. Form dyads/groups.
3. Assign sport topics, including (but not limited to):
 - Wrestling
 - Soccer
 - Football
 - Gymnastics
 - Hockey
 - Softball
 - Baseball
 - Basketball
 - Biking
 - Skating, skateboarding, scooters
 - Trampolines
 - P.E. activitiesPlayground activities:



- Waiting in line/taking your turn/no pushing
 - Don't walk behind swings/under seesaw
 - Playing at safe heights/not climbing too high
 - Don't touch other people's blood
 - If someone gets hurt, get an adult to help
 - Wash your hands after you play
 - Cover wounds and cuts with bandages
4. Let students know that the content of the poster may address:
 - Gear maintenance issues (e.g., cleaning off the mat in wrestling)
 - Safety concerns for that sport (e.g., playground—falling off jungle gym; wrestling—potential for spread of skin diseases)
 - What to do in case of bleeding/blood spills
 - Resources in the school (school nurse, coaches)
 5. For in-class completion of the project, students will need at least one period for planning/research & one period for assembly of the presentation.

ASSESSMENT

Posters should emphasize precautions to follow that will minimize the potential for blood spills and transmission of bloodborne pathogens.

SPORTS and INFECTIOUS DISEASES

Points of Discussion

LEVEL

Ages 9-12

OBJECTIVE

Students will discuss the issue of infectious diseases in sports.



MATERIALS

Topics for discussion (included).

PREP

None

INSTRUCTIONAL COMPONENTS/ASSESSMENT

1. Magic Johnson, a famous basketball player, retired from the LA Lakers in 1991, but he still plays basketball with his team, the Magic Johnson All Stars Team. Also in 1991, Magic Johnson announced that he had become HIV-positive.
 - *Do you think the other players on Magic Johnson's team are worried that they could get HIV from Magic?*
 - *Are there ways HIV could be transmitted in the sports setting?*
 - *HIV is more limited than other infectious diseases in ways it can be transmitted. Other infectious diseases can be transmitted by sharing water bottles, for example. What are some ways we can prevent diseases from being transmitted during, before, and after sport activities?*
2. A few retired NBA players that are HIV-positive have chosen to remain anonymous.
 - *Why do you think that is?*
 - *If you were a famous athlete with an infectious disease, would you tell people about it or not?*
3. Greg Louganis is a famous Olympic gold medal-winning diver. He chose not to tell the 1988 Olympic committee that he was HIV-positive.
 - *Why do you think he chose not to tell the committee he had an infectious disease?*
 - *What if he had not known he was HIV-positive? Do you think there could be other athletes that have infectious diseases and don't know it?*
4. At the 1988 Olympic competition, Greg Louganis hit his head on the diving board and bled into the swimming pool. The doctor who stitched him up was not wearing gloves.
 - *Do you think he was worried about whether or not other athletes could get HIV from him?*

- *Do you think the doctor would have worn gloves if he had known Greg Louganis was HIV-positive?*
 - *What if Greg Louganis had not known he was HIV-positive? Can infectious diseases still be transmitted, regardless of whether or not the people involved know they have a disease?*
5. In 2001, certain areas in Canada experienced elevated rates of meningococcal disease occurrences. (Meningococcal disease is an infectious disease that affects the nervous system.) Due to the upcoming Canada Summer Games (August 2001), some concerns were raised about whether or not visiting athletes could contract meningococcal disease while at the games. A statement was issued that explained the low risk of contracting the disease, ways to prevent contracting the disease (e.g., not sharing drinking bottles), and information about the meningococcal vaccine (which was not required due to the low risk factor).
- *Why do you think the Canadian government issued this infectious disease news brief?*
 - *Do you think it was a good idea to issue this news brief? Why or why not?*
 - *If you were an athlete planning to attend the Canadian Summer Games that year, would you have been concerned? Why or why not?*

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National Athletic Trainers Association: *Policy on Blood-Borne Pathogens*
www.nata.org

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www.ncaa.org

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www.nlm.nih.gov

National PTA: *Children, Sports, and Injuries: What Parents Should Know*
www.pta.org/parentinvolvement/healthsafety/hs_sports_injuries.asp

U.S. Consumer Product Safety Commission: *Handbook for Public Playground Safety; Skateboards*
www.cpsc.gov

Additional Activities and Resources for Teachers, Students, and Parents

Girl Power: There are No Limits. Information for girls and grownups on a variety of topics, including sports and fitness.

www.girlpower.gov

Johnson, Earvin ‘Magic’ and Novack, William. *My Life*. New York: Crest, 1993.
Discusses Magic Johnson’s battle with HIV.

KidsHealth: Health topics and games for kids and adolescents.

www.kidshealth.org

Red Cross: relevant information on sports safety, including water safety, first aid, and CPR.

www.redcross.org

Small, Eric, Spear, Linda and Swoopes, Sheryl. *Kids & Sports*. 1st ed. New York: Newmarket Press, 2002.

Addresses children, the appropriate participation of sports at different age levels, and the problems of children with various disabilities, such as asthma, diabetes, etc.