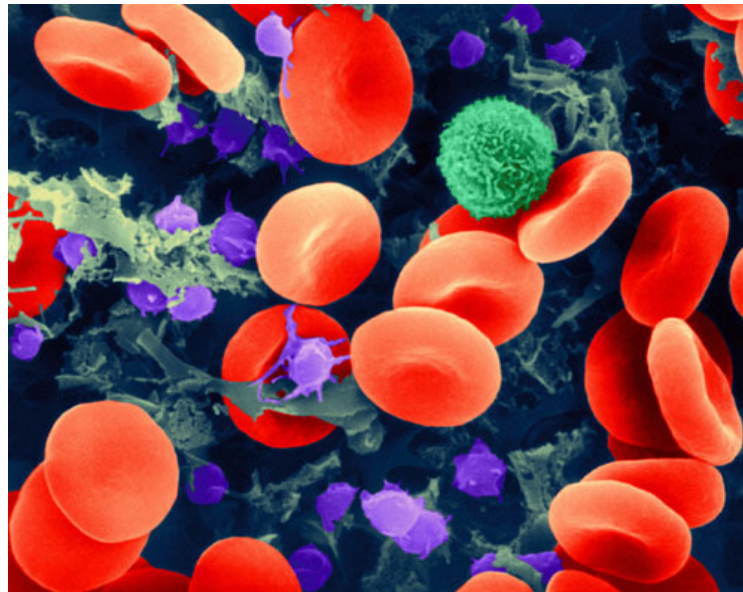


Unit 3: Sports and Infectious Diseases

Instructional Activities for Adults



PKIDs' Infectious Disease Workshop

Made possible by grants from the Northwest Health Foundation,
the Children's Vaccine Program at PATH and PKIDs.

PKIDs' Infectious Disease Workshop

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Acknowledgements

Producing this workshop has been a dream of ours since PKIDs' inception in 1996. It has been more than two years since we began work on this project, and many people helped us reach our goal. It's not done, because it is by nature a living document that will evolve as science makes strides in the research of infectious diseases, but it's a great beginning.

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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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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SPORTS SAFETY FOR COACHES AND TRAINERS

Addressing Bloodborne Pathogen Transmission Concerns

LEVEL

Adult and/or any person administering, supervising, or instructing student athletes.

OBJECTIVE

- Participants (coaches, trainers, assistants, etc.) will identify aspects of their programs that present the potential for bloodborne pathogen transmission.
- Participants will evaluate these aspects and develop an approach to teaching sport safety and conducting practices/games in a manner that addresses bloodborne pathogen transmission concerns for their particular sport.

MATERIALS

Checklist (included with lesson)—1 per participant, or 1 per training team.

PREP

None

INSTRUCTIONAL COMPONENTS

1. Participants will complete the checklist.
2. Ideally, all supervisors (e.g., coaches, trainers, assistants) for the program will complete the checklist together, or they can complete the checklist separately and compare answers/ideas.
3. Attach a master copy of any other documents (e.g., medical release form) to the checklist.

ASSESSMENT

Participants are encouraged to show their checklist to a medical professional (e.g., school nurse) for evaluation.



SPORTS SAFETY FOR COACHES AND TRAINERS: A Checklist Approach to Addressing Bloodborne Pathogen Transmission Concerns

I. LEGAL ISSUES AND DOCUMENTS

- Medical release forms.
- Student name.
- Parent/guardian name, contact information, and signature.
- Emergency contact information.
- Doctor contact information, if necessary.
- Insurance name, phone number, and subscriber and group numbers.
- Pertinent medical information (e.g., “student has seizure disorder”).
- “Permission to Participate” parent/guardian permission slips.
- Infectious disease status disclosure and confidentiality policy (see included sample).
- Students with infectious diseases are not required to disclose their disease status.
- Athletes with infectious diseases are not restricted from participating in a sport unless a medical professional deems otherwise.
- Many students are unaware of their infectious disease status; therefore, all students and supervisors will observe Standard Precautions at all times.
- Supervisors will at all times maintain confidentiality regarding known infectious disease status of all students.
- Medical information is kept confidentially secure.

II. SOCIAL ISSUES—AVOIDING STIGMA

- Supervisors will at all times maintain impartiality toward students with known infectious diseases.
- Discriminatory behavior and/or language will not be tolerated from either students or staff.
- “Stigma Awareness Statement” signed by staff and/or students (included in this unit and also in *Unit 3: Sports and Infectious Disease, Instructional Activities for Teens*).

III. EDUCATION—DISEASE TRANSMISSION MODES/STANDARD PRECAUTIONS

- All students and supervisors participating in the sport have been informed of access to HIV testing, should they desire it.
- All students and supervisors have been informed of access to hepatitis B and C testing and the benefits of the hepatitis B vaccine.
- All students and supervisors are aware of the various modes by which infectious diseases can be transmitted.

- All students and supervisors have been educated in the use of Standard Precautions as they apply to the general population and to the sport setting. (Students can complete the Standard Precaution athlete training worksheet.)
- All students and supervisors are committed to practicing Standard Precautions in order to minimize the possibility of bloodborne pathogen transmission.
- Supervisors are appropriately aware of applicable OSHA regulations and guidelines, and may choose to keep copies of these guidelines on hand.

IV. STANDARD PRECAUTIONS – PUTTING THEM INTO PRACTICE

- An adequately supplied first aid kit will be present at all practices and games (see included list).
- An adequately supplied infection control kit will be present at all practices and games.
- An adequate supply of non-permeable gloves and plastic bags (for waste, etc.) will be present at all practices and games.
- Appropriate means of disinfection (e.g., a bleach solution) will be available for cleaning equipment and/or any surfaces that may come into contact with blood/body fluids.

V. MAINTENANCE OF EQUIPMENT

- Drinking cups/bottles will not be shared.
- Cups/bottles will be clearly marked with the appropriate student's name.
- Disposable cups will be disposed of promptly and not left lying around.
- When using fluids (e.g., water) to assist in the cleaning of a wound, the cleaning fluid will be applied to an applicator (e.g., cotton swab). The used applicator will not be dipped back into the supply of cleaning fluid.
- Personal gear and uniforms will be cleaned regularly.
- Gear will be kept in good condition and functioning properly to minimize injuries.
- Dirty towels will not be left lying around but will either be 1) stored appropriately (e.g. in a towel bin) until they can be cleaned, or 2) taken home by the student for cleaning.
- Shared equipment (e.g., bats, balls, mats) will be cleaned regularly. Any equipment that may have come into contact with blood/body fluids (except sweat) will be immediately removed from play until it is disinfected or disposed of properly.
- All wounds will be covered securely before a student is allowed to participate in any activities. Injuries acquired during the activities will be dealt with as soon as possible.
- For further information regarding sport safety in general or for your particular sport, please consult the Sport Safety Resources appendix.

PLAN FOR IMPLEMENTING BLOODBORNE PATHOGEN PREVENTION METHODS

Assemble a “Sport Information And Safety Packet” for students. This packet might include:

- Permission to Participate and other permission slips.
- Medical release form.
- Infectious Disease Status Disclosure And Confidentiality Statement.
- Stigma Awareness Acknowledgement.
- Handout on Standard Precautions.
- Handout on Infectious Diseases: Modes of Transmission.
- Student Athlete Worksheet (for standard precautions and modes of transmission).

(Fill in the following dates):

Students will receive the packet by: _____

Students will return the completed packet by: _____

Supervisors review the packet with students on: _____

On _____, supervisors will review with students the issues found in sections II-V of the checklist.

STIGMA AWARENESS STATEMENT

For Athletic Instructors

Stigma is defined by Webster’s dictionary as “something that detracts from the character or reputation of a person, group, etc.; mark of disgrace or reproach... a mark, sign, etc. indicating that something is not considered normal or standard.”

Sometimes we act differently toward people who are “different” from us. In the United States, we are very familiar with racial discrimination, but less familiar with other types of discrimination, such as disease-related discrimination. Instead of educating ourselves about infectious diseases, we sometimes avoid people with infectious diseases, or we put them down with derogatory comments.

In doing these things, we attach a social stigma to people—a burden no one should ever be forced to carry.

By signing this statement, your athletic instruction staff commits to the following:

- I am aware of the fact that many people do not know they have an infectious disease.
- I am aware of the fact that many people have no idea when, where or how they contracted the disease.
- I am aware of the fact that I myself may have an infectious disease.
- I am committed to educating myself about infectious diseases and their modes of transmission so that I may work to prevent the spread of disease, thereby protecting myself from others and others from myself, in case I do have an infectious disease.
- In the event that I am informed of a person’s infectious disease status, whether by that person or someone else, I will maintain confidentiality regarding that person’s infectious disease status.
- I commit myself to treating others with dignity and respect at all times and under all circumstances.

I, _____ (print your name) acknowledge that I have received and read the Stigma Awareness Statement. By signing below, I acknowledge that I understand the statement and that I will commit myself to adhering to the principles outlined in this statement.

Signed: _____

Date: _____

FIRST AID AND INFECTION CONTROL KITS

(Suggested Contents)

FIRST AID KIT

Medications (in single dosage packets):

- Acetaminophen
- Ibuprofen
- Syrup of ipecac



Bandages and Gauze:

- Regular adhesive bandages
- Large adhesive bandages
- Fingertip-shaped adhesive bandages
- Butterfly closures
- Roll of gauze bandage
- Roll of elastic bandage
- Gauze pads
- Oval eye pads
- Triangular bandage (for slings, wraps, etc.)
- Roll of adhesive tape

Ointments and Wipes (in single dosage packets):

- Antibiotic ointment
- Burn cream
- Hydrocortizone cream
- Antiseptic wipes

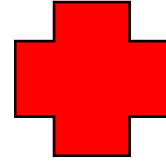
Other:

- Non-permeable gloves
- Single-use dosage cups
- Plastic garbage bag
- Instant ice pack
- Safety goggles
- Scissors
- Tweezers
- Thermometer

- First aid booklet
- Standard Precautions instruction sheet
- Plastic, multi-use box (e.g., tackle box) for storage

INFECTION CONTROL KIT

- Fluid-resistant mask with visor
- Non-permeable gloves
- Full-coverage, poly-coated gown
- Bouffant cap
- Fluid-impervious shoe covers
- Antimicrobial wipes
- Bio-hazard waste bags
- Bio-hazard waste labels
- Twist-ties
- Resealable plastic bag
- Instruction sheet
- MSDS



BODY FLUID CLEAN-UP KIT

- Non-permeable gloves
- Antimicrobial wipes
- Body fluid solidifier powder
- Plastic scoop and scraper
- Bio-hazard infectious waste bags
- Twist-tie
- Absorbent towels
- Resealable plastic bag
- Instructions sheet
- MSDS

ADDITIONAL

- CPR face shields
- Biohazard/sharps containers

INFECTIOUS DISEASE STATUS DISCLOSURE AND CONFIDENTIALITY POLICY

We, the coaches and instructors of _____(name of sport/team) at
_____ (name of school) would like to make the
following statements regarding confidentiality as it relates to the infectious disease status of any
student:

Students with infectious diseases are not required to disclose their disease status.

Athletes with infectious diseases are not restricted from participating in a sport unless a medical
professional deems otherwise.

Many students are unaware of their infectious disease status; therefore, all students and supervi-
sors will observe Standard Precautions at all times.

Supervisors will at all times maintain confidentiality regarding any known infectious disease
status of any student.

Medical information is kept confidentially secure.

Thank you,
The Supervising Staff of:

_____(name of sport/team)

SPORTS AND INFECTIOUS DISEASES

Points for Discussion

LEVEL

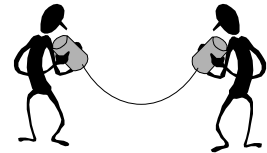
Adult

OBJECTIVE

Participants will discuss issues surrounding 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? Why or why not?*
 - *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? Why or why 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?*
 - *Was it acceptable for him not to inform the committee?*
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 Louganis 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?*

PLAYGROUND SAFETY CHECKLIST

LEVEL

Adult

OBJECTIVE

- Participants will evaluate a playground for safety, focusing on minimizing the potential for blood and body fluid spills.

MATERIALS

- Playground Safety Checklist (1 per participant)—provided with lesson plan.
- Participants will need measuring tapes when conducting the exercises.

PREP

None

INSTRUCTIONAL COMPONENTS

1. Pass out the Playground Safety Checklist.
2. Instruct participants to select a playground and evaluate it according to the criteria on the checklist.

ASSESSMENT

1. This activity can be followed up with a group discussion of the findings.
2. Encourage participants to take action regarding any negative findings (e.g., write a letter to the party responsible for maintaining a jungle gym with loose bolts).



PLAYGROUND SAFETY CHECKLIST

PARTICIPANT NAME: _____

PLAYGROUND LOCATION: _____

SAFETY RATING SCALE:

3 = Excellent: This element meets all playground safety standards.

2 = Moderate: This element attempts to meet playground safety standards, but could be improved in some respects.

1 = Poor: This element does not meet playground safety standards.

Rate the following aspects of the playground. Include any pertinent comments or suggestions for improvement. *Remember that you are focusing on playground safety in the context of bloodborne pathogen transmission prevention*—that is, keeping playgrounds safe means minimizing/decreasing the potential for blood spills and body fluid contact.

1. SUPERVISION (if applicable): Rating:

Children are adequately supervised.	
Children are prevented from playing at a height from which they can fall 6+ feet.	
Children are playing on age-appropriate equipment.	
Playground area is fenced and/or children are prevented from running into traffic.	
Children are encouraged not to play behind swings or under monkey bars (where other children might fall on them or run into them).	

Comments:

2. SURFACE: Rating:

Cushioned surfacing (e.g., sand, pea gravel, mulch) present.	
Surface is free of dangerous debris (e.g., broken glass).	

Comments:

3. EQUIPMENT IN GENERAL:

Rating:

Equipment surfaces are not hazardous (e.g., wood is not splintering).	
Bolts are not protruding.	
Equipment is anchored firmly to the ground. Footings are not dangerously exposed.	
Chains and hooks are secure and closed.	
Steps and ladders are appropriate in size and are not slippery when wet.	
Railings are easy for children to grasp.	
Spaces between railings, rungs, etc. are either too narrow for heads to fit between (<3.5”) or wide enough for the head to easily pass through (>9”).	

Comments:

4. SEESAWS:

Rating:

Seesaws are firmly anchored.	
Pivot points are covered to prevent pinching.	
Bumpers are present where seesaw hits surface.	

Comments:

5. SLIDES:

Rating:

Metal slides are shaded to prevent burns from metal heated by the sun.	
Slides are free from gaps/protrusions that could cut skin or catch strings on clothing.	

Comments:

6. MERRY-GO-ROUNDS:

Rating:

Children cannot slide underneath.	
Gears should be covered so fingers don't get caught or pinched.	
A governor (to control the top speed) is present.	

Comments:

7. SWINGS:

Rating:

Soft seats are present rather than hard seats (wood or metal).	
Swing set framework is separate and not attached to other equipment.	
There are no more than 2 swings per framework/bay.	
Swings are at least 24" apart and at least 30" from any supports.	
The fall zone (area in front of and behind swings) is twice the height of the pivot. (For example, if the pivot point is 10 feet off the ground, there should be 20 feet of clearance in front of the swing and also 20 feet behind it.)	
The fall zone extends at least 6 feet to the side of the swing structure.	

Comments:

8. OVERALL IMPRESSIONS AND RECOMMENDATIONS regarding the playground's safety in the context of bloodborne pathogen transmission prevention:

TOTAL SCORE: _____ out of 84 possible points; _____%

Comments and/or plan for action:



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www.cpsc.gov

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Surveys issues concerning HIV/AIDS and sports. Offers accounts of high-profile athletes afflicted with HIV.

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

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