



INFECTION PREVENTION GUIDELINES



As with any contact sport, Rugby players will have abrasions and wounds which, if not treated correctly can become infected. In Hong Kong, we take a serious and pro-active approach to infection control.

All wounds can be treated effectively if they are followed up promptly and appropriately to prevent them from becoming infected. Wounds which have not seemed to heal well by following regular protocols should be assessed by a member of the medical team.

If you have a wound which needs attention it is important to seek advice from a healthcare practitioner; Meanwhile;

- 1/ DO NOT self-medicate - indiscriminate use of antibiotic creams and tablets may not work and will lessen the effect of any further treatment which may be required. It may also reduce the effect of those same antibiotics should you need them in future
- 2/ Ensure that all open wounds and grazes are fully covered during training and games
- 3/ DO NOT share towels or clothing

This is especially important for teams on tour as they have a tough schedule and are in close proximity with many others which can reduce players (and management) immunity and make them more vulnerable. Of course, it is also essential for our families too that we do not become infected or a carrier.

Below are recommendations for physios and management to help in preventing the spread of infection, including the use of bleach for ice baths and equipment.

- 1/ Alcohol gel hand sanitizer – Physios - please use between taping of players and especially after covering wounds if hand washing facilities are not available.
- 2/ Alcohol wipes – large size for cleaning of bandage scissors etc., before and after use and especially after removing line-out tape after games etc.
- 3/ Bleach – Use to clean the physio benches, ice baths, game ready and other equipment before and after use. Players (and coaches) should not share hand towels if possible and should ensure that water bottles are appropriately disinfected between use.

Please note that the correct dilution should be **10mls bleach to 990mls H2O, i.e. 10%.**

We appreciate your support by taking responsibility for yourself and your team-mates. Help us to stamp out infections, so that everyone can get on and enjoy the game.

If you have any queries at all, please contact our medical manager, lucy.clarke@hkrugby.com

For more information: www.hkrugby.com/pages/medical

<http://www.playerwelfare.worldrugby.org/?documentid=23>