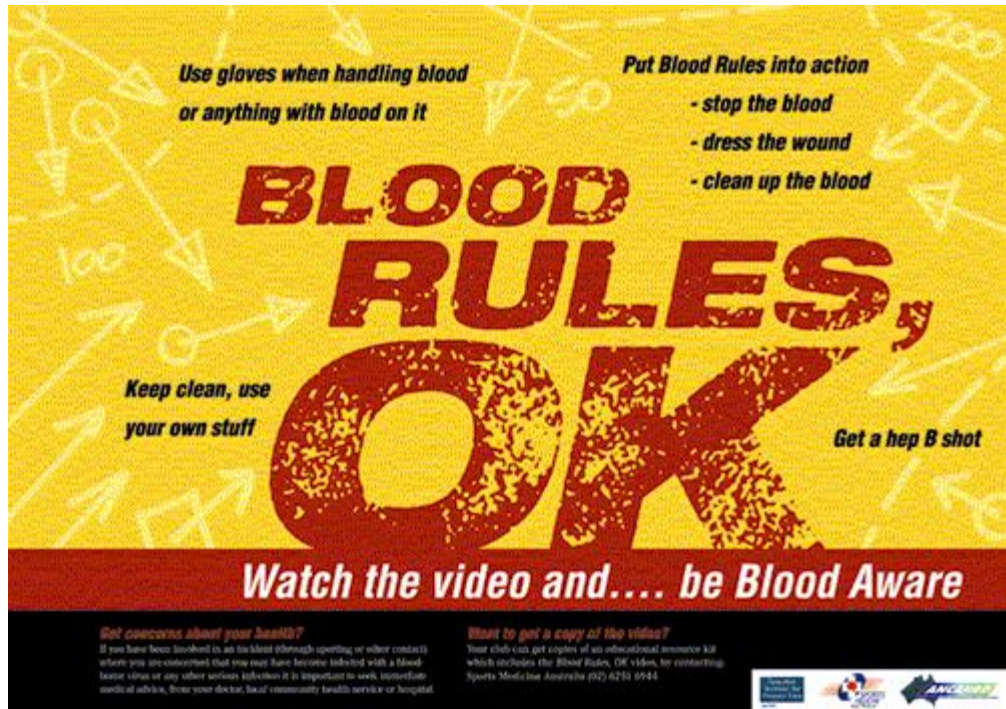




Sports Medicine Australia
the team behind the teams

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Why do I need to be Blood Aware?

Although we usually think of sport as healthy activity, people have become much more aware and concerned about the transmission of diseases through participation in sport.

A number of blood-borne viruses have the potential to be transmitted during sporting contact. The more serious ones, HIV, hepatitis B and hepatitis C, can greatly affect your health. Even the more common infectious diseases such as colds and the flu may be spread during the close contact of sport and while not usually as serious, these illnesses will reduce your competitiveness and enjoyment of the game.

"It doesn't matter if you are an elite athlete or if its the local footy game just down the street, you'll have to know how to deal with the Blood Rule because you never know what viruses people have."

Dr. Ron McCoy
HIV & Hepatitis Specialist
Blood Rules, OK Video

Individuals and sporting clubs have the responsibility of playing their part in preventing the spread of infection through participation in sport. Players, officials, coaches, sports trainers and first aiders can be blood aware by following some simple guidelines and encouraging each other to do likewise. Clubs can be blood aware by adopting an infectious disease policy, providing information such as the pamphlet in the Blood Rules, OK kit to players, and maintaining a safe and clean environment for players and spectators alike.

In the light of HIV and other blood-borne viruses, attitudes to blood on the field or court have changed considerably in the past ten to twenty years. A Blood Rules booklet has been written to help people understand blood-borne viruses and other infectious diseases, how they are transmitted and what actions can be taken to prevent their spread through participation in sport. To download the Booklet, please click on the following link.

[Blood Rules OK Booklet](#)
[Blood Rules OK Pamphlet](#)

*NB. SMA no longer has any of the Blood Rules OK Video Kits.

If you or your Club would like some copies of the Blood Rules OK pamphlet, please send [Emma](#)

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an email with you or your club's details including Name, Address and contact details.

**BLOOD
RULES,
OK**

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