

AIKIDO OF MADISON, LLC

PROCEDURE REGARDING BLOOD-BORN DISEASES

Concerns have been raised about the possibility of contracting blood-borne diseases such as hepatitis or HIV in the course of Aikido training. **Although medical literature reports no known cases of transmission of blood-borne disease through sports contact**, we believe it is in the best interest of the dojo members and guests to take the following cautions to further assure that blood-borne diseases are not transmitted:

1. Make sure to bandage and tape any open cuts or sores.
2. If you notice that you are bleeding, immediately leave the mat (you do not need to inform the instructor) and attend to your injury. Please use the antiseptic soap provided as well as the bandages and tape in the first aid kit.
3. If you notice that any of your blood has spilled on the mat, please inform your partners and those nearby the area to stay clear of the area until you are able to clean up the spill. Please use the latex gloves provided and antiseptic cleanser (Hydrogen Peroxide) found with the first aid kit. Use paper towels. Please wrap gloves and towel waste in a plastic bag before disposal.
4. If you notice fresh blood on the mat that is not yours, please inform the instructor immediately. The instructor will briefly stop class to let students examine themselves to determine who is bleeding. Once this has been determined, the individual should follow steps 2 and 3 above.
5. If it cannot be determined who is bleeding, clean the mat as described in step 3
6. To prevent most common causes of cuts and scrapes that occur during normal training, make sure to keep your finger and toenails to a short length and remember to remove all jewelry (rings, watches, earrings and necklaces) before class whenever possible.