



To: OHSAA Wrestling Schools & Wrestling Officials
From: OHSAA Officiating Department
Subject: Wrestlers with Hepatitis C other blood-borne diseases and body fluids

The subject of OHSAA wrestlers participating with Hepatitis C and other body fluid blood-borne diseases has come to our attention.

Dr. Randy Wroble (Chair of Joint Advisory Committee on Sport Medicine, Medical Director of State Wrestling Tournament) would like to share the following information:

"Hepatitis C is a contagious viral disease. It is blood borne and is not transmitted by close contact or saliva. For wrestling, the risk of transmission would be mitigated by the proper use of the "blood rules" already in place. Further, the OHSAA requires medical clearance and a Hepatitis C issue should be addressed during the Pre-Participation Physical Exam process. So unless the onset is acute, an athlete should not require another "note". Medically, athletes with Hepatitis C are allowed to participate in contact sports across the board."

The "blood rules" that Dr. Wroble alludes to above, can be found in great detail below:

"OHSAA Blood Clean-up Policy & Procedure"

Ohio's blood policy has been consistent for many years, and includes the following:

1. On first sight of blood, the wrestling official must stop the match immediately and start the five-minute blood clock for the wrestler who is bleeding.
2. The wrestler is allowed as many blood stoppages as necessary not to exceed the five-minute maximum allowable time.
3. The match official(s) are not to be involved with blood clean-up. They are to monitor the time, ensure the bleeding is stopped, cleaned, and is safe for all to continue the match.
4. The host school of the event is responsible to designate blood clean-up by an approved designated on-site health care professional such as an athletic trainer, EMT, etc.
5. The host school is to provide a number of necessary clean-up items; a plastic lined receptacle bucket to dispose of used cleaning materials. A spray bottle with the approved disinfectant solution, paper towels and rubber gloves should be available and used at each table. Wrestlers are attended to first then all clean-up is the official's time.
6. Do not let children (youth wrestlers) be the clean-up individual. This is a task for the proper adult to handle.
7. Once the blood is cleaned, the used gloves and paper towels all should be disposed in the plastic lined bucket. The receptacles are disposed and replaced regularly.
8. Blood time is only for time used to stop the bleeding. Any necessary clean-up time is the official's time.
9. If the bleeding is serious and gets on the uniform of either wrestler, it must be immediately cleaned and diluted out of the uniform.
10. If, in the official's opinion, it is too heavy to be washed out, the official should direct the wrestler to put on a clean uniform. This may require the coach to bring an extra uniform or for the wrestler to replace his uniform with another teammate. Should the uniform be disqualified from competition, the following procedure will apply: The wrestler with an extra uniform (or with the individual he will exchange), along with the AHCP will have a five minute limit to clean the wrestler and return wearing a legal uniform. Coaches stay with the team.

NOTE: Blood and all other Body Fluids must be cleaned from the skin of the wrestlers immediately.