PARTICIPANT SAFETY PROCEDURES

Participation in CRS activities, including use of facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in athletic and fitness related activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in CRS activities.

The University of Maryland, its officers, agents, and employees are not responsible for any loss, damage, illness, or injury to person or property arising out of or relating to participation in CRS activities, including the use of CRS facilities and equipment. The University of Maryland does not provide medical, health, or other insurance for participants. Purchasing adequate health/medical insurance prior to participation is strongly recommended, and in some cases may be required:

“The University of Maryland requires comprehensive health insurance coverage for all undergraduate students admitted in or after Fall 2009 and are registered for 6 or more credits.

Students should check with their family’s insurance company to discuss their eligibility of benefits and reimbursement procedures for UHC fees. UnitedHealth Care Health Insurance Company currently provides a health insurance policy designed for University of Maryland, College Park students; information is mailed to all new students before the start of the semester. Most HMOs (Health Maintenance Organizations) do not cover services outside their areas, so students in outlying counties in Maryland or in other states or nations may want to consider enrolling in the student health insurance plan.

Mandatory Health Insurance
The University of Maryland requires comprehensive health insurance coverage for all undergraduate students admitted in or after Fall 2009 and are registered for 6 or more credits. These students are required to show proof of health insurance coverage by completing an online waiver card. Waivers can only be completed online.”

Source: [http://www.health.umd.edu/about/insuranceandfees](http://www.health.umd.edu/about/insuranceandfees)

RELEASE AND INFORMED CONSENT

Each participant in the Sport Club Program is required to complete a Sport Club Release and Informed Consent Form prior to any club activity. This document informs the participants of the potential dangers associated with participation. Individuals who have not completed a Sport Club Release and Informed Consent Form must not be permitted to participate in any sport club activity. Those clubs found not to be in compliance will be subject to program sanctions (see Sport Club Conduct).

Each sport club has its own Sport Club Release and Informed Consent Form (commonly referred to as a “waiver”). All participants must complete a new Sport Club Release and Informed Consent Form for each academic year (June 1 through May 31 of the following year). See examples below.
The waiver above is for baseball and shows that some of the risks may include muscular strains, bruises, and broken bones. The waiver below is for equestrian, and shows that some of the risks may include horse bites and falling from a horse. The arrows point out the differences between the waivers.

**MEDICAL EXAMS AND FIRST AID**

The University strongly recommends that all sport club participants have annual physical examinations. The University of Maryland and CRS assume no responsibility for any participant with an existing health condition that makes it inadvisable for him/her to participate in any given activity.

The sport club president and/or safety officer is responsible for having at least two individuals who are certified in American Red Cross (or equivalent) CPR and one individual certified in American Red Cross First Aid at every activity. He/she is also responsible for having a first aid kit with ice packs on site. See the Assistant Director-Sport Clubs to replenish supplies or purchase a new first aid kit.

The sport club president is also responsible for insuring that “Universal Precautions” (see below) are used when blood or potentially infectious fluids are present. All of the precautions must be followed, no exceptions.

**Universal Precautions**

Universal Precautions is a method of infection control in which ALL human blood, tissue, and other potentially infectious materials are treated as if known to be infectious for HIV, HBV and other blood borne pathogens.
Universal precautions are intended to prevent occupational exposure to human blood. The routes of transmission for occupational exposure are 1) contact with broken skin, 2) splash to mucous membrane of the eye, nose, or mouth, or 3) puncture of the skin with a sharp object. Under circumstances in which differentiation between body fluid types is difficult or impossible, all body fluids shall be considered potentially-infectious materials.

**Universal precautions include the following practices:**

- Wear gloves when touching human blood or other potentially-infectious material or surfaces soiled with them. Remove gloves when they become torn or contaminated.
- Wear masks and protective eyewear whenever splashes, spray, or spatter of blood or potentially infectious materials are likely to occur, to prevent exposure of mucous membranes of the mouth, nose and eyes.
- Wear protective suits, gowns, or aprons during procedures that are likely to generate splashing of potentially infectious materials.
- Wash hands and other skin surfaces immediately following contact with human blood or other potentially-infectious materials. Use tongs or forceps if possible.
- Use appropriately-labeled and constructed containers for disposal, storage, and transport of any potentially-infectious material.
- Employees responsible for first aid providers must cover skin lesions and wear gloves when treating patients or when handling health-care equipment.
- Do not eat, drink, apply cosmetic or lip balm, smoke, or handle contact lenses in work areas where there is likelihood of occupational exposure. Do not keep food and beverages in refrigerators, freezers, shelves, cabinets, or on countertops where human blood or other potentially-infectious materials are present.

**Procedures for Athletic Department Trainers and Sporting Event Officials**

In the athletics environment, universal precautions should be utilized during the immediate control of bleeding and when handling bloody dressings, mouth guards, and other articles contaminated with human blood or other potentially-infectious material. The use of appropriate gloves of the examination, cleaning and dress of wounds is required. Gloves must be available for all athletic events, training sessions and physical therapy sessions. Other PPE (goggles, masks, face shields, fluid-resistant aprons, etc.) must be available and used as needed, if there is a possibility for splashing or aerosolizing of human blood or other potentially-infectious material.

- Eating, drinking, smoking, applying cosmetics or lip balm, or handling contact lenses is prohibited in areas where there is a likelihood of occupational exposure to human blood or other potentially infectious materials.
- Any procedure involving human blood or other potentially infectious materials should be done in a way that minimizes splashing, spraying, or spattering.
- All personnel responsible for the treatment of wounds must be provided the necessary PPE. Place disposable gloves into a biohazard disposal bag immediately after use. Reusable contaminated PPE must be placed into an appropriately-labeled, leak-proof container until decontaminated.
✓ Use extreme care when handling sharp objects such as needles, razors and scissors. Needles should not be recapped, bent, broken or otherwise manipulated by hand. Disposable sharps must be immediately placed into a puncture-proof sharps container after use. Sharps containers must be puncture-resistant, labeled or color coded as bio hazardous material, and leak proof on the sides and bottom.

✓ Athletes may not compete at any level of competition if wounds have not been treated and covered. Athletes may not participate with blood on clothing.

✓ Athletic personnel with exudative lesions, open wounds or weeping dermatitis should avoid situations where they may come into contact with potentially infectious materials.

✓ The use of common towels or water bottles is discouraged because they may become contaminated with potentially infectious body fluids. Although transmission of HIV in saliva is extremely unlikely, dental or oral injuries increase the potential for transmission of blood borne pathogens.