



Concordia University Ann Arbor

Athletic Training Program

Communicable Disease Policy

The purpose of the Concordia University Ann Arbor (CUAA) Athletic Training Program (ATP) Communicable Disease Policy is to protect the health and safety of the students enrolled in the CUAA ATP. The CUAA ATP recognizes the importance of minimizing the exposure of athletes or patients in a clinical setting to communicable diseases. Therefore, it is recommended that athletic training students not report to their clinical site if they have *active* signs or symptoms of a communicable disease.

This policy is designed to provide Athletic Training Students (ATS), clinical preceptors, and athletic training faculty with a plan to assist in the management of students with infectious diseases as defined by the Centers for Disease Control and Prevention (CDC). This policy was developed using the recommendations established by the CDC for health care workers (www.cdc.gov).

In situations where the Athletic Training Student is ill, he/she should immediately notify the clinical preceptor they are currently assigned to and either the CUAA ATP Director or the Athletic Training Clinical Education Coordinator of their status. Athletic Training Students with illnesses are required to see a physician or nurse practitioner to determine if the illness is actively communicable or their illness has caused them to miss one day of class and/or clinical responsibilities. (The ATS is responsible for his or her health insurance and are responsible for all related charges). The ATS is to follow the recommendations and guidelines of that physician or nurse practitioner.

In the event that an ATS will be missing an inordinate amount of time due to adherence to the communicable disease policy, a decision of the student's clinical status will be decided by the Clinical Education Coordinator and ATP Director. This may result in a reassignment of clinical responsibilities, a grade of incomplete due to medical reasons, and/or opportunities to make up lost experiences.

What are Communicable Diseases?

A communicable disease is a disease that can be transmitted from one person to another. There are four main types of transmission including direct physical contact, air (through a cough, sneeze, or other particle inhaled), a vehicle (ingested or injected), and a vector (via animals or insects).

Communicable Diseases Cited by the CDC:

Blood borne Pathogens	Hepatitis viruses	Retroviral infections
Conjunctivitis	Influenza	Rubella
Cytomegalovirus infections	Measles	Scabies
Diarrhea diseases	Meningococcal infections	Staphylococcus aureus infection
Diphtheria	Mononucleosis	Streptococcal infection
Gastrointestinal infections (acute)	Mumps	Tuberculosis
Herpes simplex	Parvovirus	Varicella
Human immuno-deficiency virus (HIV)	Pediculosis	Viral respiratory infections Zoster
	Pertussis	
	Poliomyelitis	
	Rabies	

Guidelines for Prevention, of Exposure and Infection

1. ATs must successfully complete annual Blood Borne Pathogens review.
2. ATs are required to use proper hand washing techniques and practice good hygiene.
3. Students are required to use Universal Precautions at all times when functioning as an ATs in the ATP. This applies to all on and off-campus clinical sites.
4. ATs are not to provide patient care if they have active signs or symptoms of a communicable disease.

ATP Medical Director

Communicable Disease Acknowledgement

By signing below, you indicate you understand and will abide by the Concordia University Ann Arbor Athletic Training Program Communicable Disease Policy. Any breach of the Communicable Disease Policy will result in disciplinary action determined by the Concordia University Ann Arbor Athletic Training Program Director and the Clinical Education Coordinator.

Athletic Training Student Name (Print): _____

Athletic Training Student Signature: _____

Student Identification Number: _____

Date: _____

Prevention Strategies for the Transmission of Communicable Disease

1. Wash your hands frequently (about 15-20 seconds) (before/after treating patients; after using the restroom; after coughing/sneezing)
2. Do not share drinks; no “double dipping”
3. Cover your mouth/nose with a tissue when coughing or sneezing, then dispose of own tissue
4. Wear a mask if you are sick, to prevent others from becoming sick
5. Wash/disinfect working surfaces per BBP/universal precautions guidelines

STOPPING THE SPREAD OF GERMS AT CLASS AND WORK

How Germs Spread:

Illnesses like the flu (influenza) and colds are caused by viruses that infect the nose, throat, and lungs. The flu and colds usually spread from person to person when an infected person coughs or sneezes.

How to Stop the Spread of Germs:

Take care to:

- Cover your mouth and nose when you sneeze or cough.
- Clean your hands often.
- Avoid touching your eyes, nose or mouth.
- Stay home when you are sick and check with a health care provider when needed.
- Notify your Preceptor, Instructors, and Clinical Education Coordinator as soon as possible regarding your ability to attend class and clinical field experience.
- Practice other good health habits.

Cover your mouth and nose when you sneeze or cough.

- Cough or sneeze into a tissue and then throw it away.
- Cover your cough or sneeze if you do not have a tissue.
- Then, clean your hands, and do so every time you cough or sneeze.

Clean your hands often.

When available, wash your hands with soap and warm water then rub your hands vigorously together and scrub all surfaces. Wash for 15 to 20 seconds.

It is the soap combined with the scrubbing action that helps dislodge and remove germs.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.

You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.

Avoid touching your eyes, nose, or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

Stay home when you are sick and check with a health care provider as needed.

When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed.

Contact your Preceptor, Instructors, and Clinical Education Coordinator as soon as possible regarding your ability to attend class and clinical field experience.

Your professor/employer may require a doctor's note for an excused absence.

Remember: keeping your distance may protect others from getting sick.

Common symptoms of the flu include:

- Fever (usually high)
- Headache
- Extreme tiredness
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle aches, and
- Nausea, vomiting, and diarrhea (much more common among children than adults)

Practice other good health habits.

Practicing healthy habits will help you stay healthy during flu season and all year long.

- Get plenty of sleep.
- Be physically active.
- Manage your stress.
- Drink plenty of fluids.
- Eat nutritious food.

**Prevention Strategies for the Transmission of Communicable Diseases
Acknowledgement**

I hereby certify that I have read and understand the prevention strategies for the transmission of communicable diseases as outlined above. I agree to abide by these strategies to the best of my ability.

ATS signature: _____ Date: _____

ATS print name: _____