

S' *Lives* PORTING



UK FOOTBALL TOUR 2010



A truly unique sporting event
involving United Nations workers
for World Aids Day 2010





HIVsport
.org

UN Workers Football Team

Online fundraising

Donating online is simple, quick and secure.
It is the most efficient way to give so every donation goes further and if you are a UK taxpayer and give Gift Aid consent the charity will receive an extra 28% at no cost to you.

HIVsport welcomes the

UN Workers Football Team

to the United Kingdom.



HIVsport is proud to be part of this tour and would like to thank everyone for raising awareness of HIV and AIDS through sport.

If you would like to support the work of HIVsport and our Leadership Programme for Africa please follow this link:

<https://www.bmycharity.com/V2/UNWorkersHIVsportLeadershipProgramme>

Thank you for your support.

UK Football Tour 2010

The Staff Union of the United Nations International Criminal Tribunal for the former Yugoslavia has recently created a social campaign group called S'porting Lives.

S'porting Lives first campaign, UK Football Tour 2010, coincides with World Aids Day on 1 December. It focuses on eradicating the stigma for people living with HIV/AIDS and playing sports. To highlight this, a series of 4 football matches has been organized in the UK and one game on World Aids Day in South Africa.



The UN Workers football squad will play against the following teams in the UK:

27 November

Oxford University Association Football Club

28 November

Cambridge University Association Football Club

29 November

Trade Union Congress Team

30 November

UK Parliament Football Club

1 December

Treatment Action Campaign vs Local Team (South Africa)

S'porting Lives partners are HIVsport, Educational Sports Forum and Treatment Action Campaign (TAC) from Cape Town, South Africa. The Union has furthermore obtained the support of world players body FIFPro and the Professional Footballers Association (PFA).



Access for all to HIV prevention, treatment, care and support is a critical part of human rights.

“As General Secretary of FIFPro I would like to say how pleased I am to offer support to the United Nations workers who have come together at their initiative to work alongside HIVsport, Educational Sports Forum and Treatment Action Campaign to raise awareness of the unwarranted stigma men and women living with HIV/Aids face when trying to participate in sports.

Through the four scheduled games of football to be played against Oxford University, Cambridge University, the UK Trade Union Congress and the UK Parliament teams, the UN Workers will be raising awareness amongst university students, union representatives and Members of Parliament.

Football is a team sport and the United Nations Union, whose players come from many diverse nationalities, epitomizes the word 'team'.

“This HIV awareness campaign demonstrates the good that can be done through the wonderful game of football.”

*Tony Higgins
General Secretary FIFPro*

“I fully support the S'porting Lives Campaign on eradicating the stigma for people living with HIV/AIDS and playing sports.”

*Gordon Taylor
Chief Executive Professional Footballers Association (PFA)*

UN Workers Football Team



Staff from all organs of the UN International Criminal Tribunal for the former Yugoslavia (UN-ICTY) are coming together to launch S'porting Lives self-funded first campaign. The initial training of this brand new team took place on 7 October 2010. It is comprised of players from 14 different nationalities.

20 Alain Do Rego (Ivory Coast)	21 Thomas Hughes (United Kingdom)
8 Amir Cengic (Bosnia)	7 Tomislav Kamber (Croatia)
10 Andrea Knezevic (Serbia)	23 Wendell Abagi (Suriname)
29 Bram van der Eerden (Netherlands)	
9 Davor Lazic (Croatia)	
26 Franklin Kerewaij (Netherlands)	Rick Cottam Manager (Netherlands)
6 Jochen Krueck (Germany)	
5 Jules Albers (Netherlands)	
11 Julien Beaulieu (Canada)	Ryan Irwin Physio (United Kingdom)
24 Mario Barfus (Switzerland)	
13 Mugambi Jouet-Nkinyangi (France)	
3 Ousman Njikam (Cameroon)	Steve Coulson Film maker (Canada)
4 Ramon Bouwknecht (Netherlands)	
1 Sherward Tackling (Aruba)	
28 Sidney Baatjes (South Africa)	Theo Kulsdom Trainer (Netherlands)
22 Srdjan Markovic (Bosnia)	

Saturday 27 November 2010

Iffley Road, Oxford OX4 1EQ, 2 p.m.

UN Workers ~ Oxford University Association Football Club



Founded in 1872, Oxford University Association Football Club is one of the University's oldest and most prestigious clubs. Every year OUAFC competes against Cambridge University in the Varsity match, one of football's longest-running rivalries.

Adam Healy
Adam Zagajewski
Anthony Beddows
Alec Ward
Ben Quigley
Casey O'Brien
Dwayne Whyly

Elliot Thomas
Ezra Rubenstein
Jason Adebesi
Leon Farr
Tim Squires
Tyler Matthews
Zander Whitehurst



Sunday 28 November 2010

Fenner's Cricket Ground, Cambridge, CBI 2EL, 2 p.m.

UN Workers ~ Cambridge University Association Football Club



Cambridge University Association Football Club gives its foundations date as 1866. Contemporaries described CUAFC as being the first “combination” team in which each player was allotted an area of the field and played as part of a team in a game that was based upon passing.

Ali Hakimi
Chris Peacock
Danny Kerrigan
Haitham Sherif
James Day
James Revell
James Rutt
Keiran Anderson

Mark Baxter
Paul Hartley
Rick Totten
Rory Griffiths
Ross Broadway
Ryan McCrickerd
Stuart Ferguson



Monday 29 November 2010

Market Road, Islington, London N7 9PL, 2 p.m.

UN Workers ~ The Trade Union Congress Team



The TUC is the voice of Britain at work. With 58 affiliated unions representing 6.2 million working people from all walks of life, the TUC campaigns for a fair deal at work and for social justice at home and abroad.

Alex Ryan
Dan Ashley
Darren Lewis
Fai Msellem
Fred Grindrod
Gareth Rawlings
John Neal
Jon Tennison
Laurie Heselden
Matthew Creagh
Obi Ogbonnaya

Paul Rey-Burns
Phillip Rooney
Richard Blakeley
Rob Haslam
Rob Hancock
Rob Sanders
Robert Holdsworth
Sean Ruddy
Tom Hector
Yusuf Dadabhoy



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Tuesday 30 November 2010

Burton Court, London SW3 4QG, 10 a.m.

UN Workers ~ The UK Parliament Football Club



The UKPFC was set up to provide the opportunity for players working within the Houses of Parliament to play football and build relationships with a wide range of other organisations from charities, sports organisations, the media and other Parliaments. One of its core aims is to raise money for charity and it uses every opportunity to maximise fundraising and sponsorship for good causes.

Alan Keen MP
Alistair Burt MP
Angus Macneil MP
Clive Betts MP
Graham Jones MP
Gregg McClymont MP
Steve Hepburn MP
Ian Murray MP

Jim Sheridan MP
John Leech MP
John Woodcock MP
Karl McCartney MP
Justin Tomlinson MP
Rob Wilson MP
Steve Rotheram MP



Wednesday 1 December 2010

Treatment Action Campaign (TAC) ~ Local Team (South Africa)

On World Aids Day, a football team of the TAC will play against a local team in Cape Town. This game will conclude the 2010 UN Workers Campaign for eradicating the stigma for people living with HIV/AIDS and playing sports.



The Treatment Action Campaign is a South African AIDS activist organization which was founded by the HIV-positive activist Zackie Achmat in 1998. AC is rooted in the experience of its founder and many of its members with direct action tactics and in the South African trade union and anti-apartheid movements.

The Treatment Action Campaign (TAC) was launched on December 10, 1998, International Human Rights Day. Zackie Achmat, whom The New Yorker calls “the most important dissident in the country since Nelson Mandela”, joined with a group of ten other activists to found the group after anti-apartheid gay rights activist Simon Nkoli died from AIDS even as highly active antiretroviral therapy was available to wealthy South Africans. Shortly thereafter, prompted by the murder of HIV-positive activist Gugu Dlamini, HIV-positive and HIV-negative members of the new group began wearing the group’s now-famous T-shirts with the words “HIV Positive” printed boldly in front.

Quickly outgrowing its start among a small group of Cape Town activists, TAC became a much more broadly-based group, with chapters in many regions of the nation and a largely black and poor constituency. The group campaigns for greater access to HIV treatment for all South Africans by raising public awareness and understanding about issues surrounding the availability, affordability and use of HIV treatments.

World AIDS Day is celebrated on 1 December each year around the world. Since its inception in 1988, it has become the longest-running disease awareness and prevention initiative in the history of public health.

UNAIDS took the lead on World AIDS Day campaigning from its creation until 2004. From 2004 onwards the World AIDS Campaign’s Global Steering Committee began selecting a theme for World AIDS Day in consultation with civil society, organisations and government agencies involved in the AIDS response. Themes run for one or two years and are not just specific to World AIDS Day. Campaigning slogans such as *Stop AIDS. Keep the Promise* have been used year round to hold governments accountable for their HIV and AIDS related commitments. The theme for 2010 is *Act Aware*.

Access for all to HIV prevention, treatment, care and support is a critical part of human rights.

Sport, HIV and AIDS: the facts

HIVsport uses the 'Badge of Hope' to raise awareness of HIV and AIDS and promote sexual health and wellbeing in sport.



“This publication is a unique intervention in the field of HIV prevention and health promotion.”

An introduction by Alan Irwin

Chief Executive, Educational Sports Forum

This guide has been written by HIVsport and approved by our Medical Director, Dr David Hawkins, a consultant physician who specialises in HIV/AIDS diagnosis, treatment and care. This is a guide for everyone who is involved in sport, and in particular we urge everyone working with young people in sport to remember these two key facts:

- 1. There is no confirmed case of HIV being transmitted when playing sport; and**
- 2. HIV is primarily transmitted through unprotected sex.**

HIV status should be no reason for excluding anyone from participating in sporting activities. For most people living with HIV/AIDS physical exercise will generally be beneficial though this should always be discussed with a doctor first.

Of course, there are important matters to consider. Just because sport is safe does not mean that blood injuries should not be taken seriously. In this booklet we show you how this should be done through consistent use of universal precautions.

Finally, this booklet was revised to coincide with the occasion of the United Nations Workers football tournament in the UK from 27th November to 1st December 2010.

Most people will have heard of the terms HIV and AIDS without knowing exactly what they mean. HIV is short for Human Immunodeficiency Virus.

What are HIV and AIDS?

HIV is the virus that can cause AIDS, which stands for Acquired Immune Deficiency Syndrome. AIDS is not yet curable, but the good news is that it can be treated very effectively and better news is that HIV infection can be easily prevented by taking some simple and sensible precautions such as using a condom during sex.

These precautions can prevent a whole range of other Sexually Transmitted Infections (STIs) such as chlamydial infection and syphilis.

Sexual health is an important part of overall health and wellbeing and someone who is fit should have good sexual health as well.

How can HIV be transmitted?

HIV can only be transmitted from one person to another by an exchange of bodily fluids. In reality there are only four ways in which this can happen, and each of these can be prevented.

1. Unprotected sex (without using a condom) - This is by far the most common means of transmission and heterosexual couples are similarly at risk as homosexual partners. HIV does not discriminate in this way. Condoms are currently the best way to reduce the risk of becoming infected with HIV or giving it to someone else during sex. HIVsport acknowledges that young people and adults make their own decisions about who they have sex with, but we firmly believe that all choices must be with respect to your own health and the health of your partner. Using a condom is a mark of respect.

2. Drug injecting with a contaminated needle - Sharing a needle with someone else is high-risk behaviour and a potential cause of HIV

transmission. If, for any reason, you are injecting steroids (or any other drug) you should always use a clean needle and dispose of it safely after use. There is a very small risk of a needle-stick injury resulting in HIV transmission which is why all needles must be safely handled and disposed of. HIVsport does not condone the taking of illegal or non-prescribed drugs.

3. Blood and blood products - Due to advances in medical screening, there is negligible risk that transmission could occur through a blood transfusion or during an organ transplant. Virtually every country however now has effective screening mechanisms to ensure this does not happen and is no reason to avoid surgery or to have a transfusion when recommended by a qualified physician.

4. Mother to Child Transmission - Children can become infected from their mother particularly during childbirth or through breastfeeding. However, this risk can be reduced markedly provided the mother's HIV status is known in advance.

What's all this got to do with sport?

Although there is a tiny theoretical possibility of blood being exchanged through a clash of heads for example, the good news is there have been no confirmed cases of anyone catching HIV while taking part in sport and medical experts agree that the chances of it happening are much less than one in a million.

The only possible exception to this estimate is boxing where experts think there could be a higher chance due to the possibility of boxers exchanging blood through head wounds. This risk can be virtually reduced if proper head guards are worn and the bout stopped before exchange of blood becomes possible. If appropriate safety precautions are taken HIVsport does not believe there is a risk of HIV transmission during sports, including boxing and martial arts. Where bleeding does occur these should be dealt with immediately following the guidelines below.

HIV cannot be transmitted through normal bodily contact such as might occur in tackling

an opponent. It cannot be caught by sharing shower and toilet facilities, or through sharing a glass of water or cutlery. In fact, HIV cannot be transmitted in any way apart from those we have mentioned. So you can relax and enjoy your sport in this knowledge.

However, that does not mean that bleeding injuries that occur during sport should not be taken seriously because there are other infections, such as hepatitis B and C, that can be transmitted through sharing things like sponges to treat bleeding injuries. Though rare, there have been instances of members of sports teams contracting hepatitis in this way so some simple procedures and precautions should be taken.

What should you do if someone is bleeding?

The majority of sports do not have injury to the opponent as an aim of the game. But accidents do occur and someone might get a cut as a result of taking part in sport.

This is most likely to occur in sports such as rugby where there is a significant heavy bodily contact and we have all seen footballers with cuts as a result of a clash of heads. The following guidelines may prove useful when someone suffers a bleeding wound when playing sport:

- Insist that your team has a proper, well-stocked first aid kit.
- All blood and body fluids should be considered as having possible risks (e.g. of hepatitis infection) regardless of circumstances.
- The prompt reporting of injuries, particularly bleeding, is in the best interest of all concerned.
- All injuries, especially bleeding wounds, should receive proper and adequate first aid using proper equipment – for example, gloves. Clean blood from wounds with soap and water and apply an antiseptic.
- Any skin injuries, for example abrasions, cuts, or wounds should be covered during sports activities.
- Remove athletes with bleeding injury (not necessarily minor cuts or abrasions) from the event as soon as possible.

- Change out of blood soaked kits and ensure they are properly washed.
- Water containers should be available individually for each player in contact sports. Athletes should use squeeze water bottles that do not require contact with the lips.
- Appropriate protective equipment, including mouth protectors, should be used at all times in contact sports.
- Any equipment contaminated with blood should be removed from the sports activity and either sterilised or disposed of.

Unprotected sex

All studies indicate that there is virtually no risk in catching HIV while playing sport, however, HIV infection does still pose a real risk to people who play sport in the same way as it does to those who don't. Let's remind ourselves how HIV can be transmitted.

What are the most likely risk situations where you might possibly catch HIV?

First and foremost (and for most people) the only way HIV can be transmitted is through unprotected sex (i.e. without using a condom) with someone who is HIV positive. This is the most important thing you need to know in order to keep yourself safe. The good news is that if you use a condom then you are also given protection from other STIs such as chlamydial infection and can help prevent unwanted pregnancies. We know that this sounds all too easy and, of course, it is. Nothing in life is quite so simple and the same applies here. People don't use condoms for all sorts of reasons – they don't have one handy; they are embarrassed to mention it; they think it makes them look 'easy'; they don't want to make it look like they have other partners; they got a bit drunk and just plain couldn't be bothered; they didn't think it was necessary; it makes sex more difficult and less 'natural'; it ruins the moment and so on.

All of these reasons are understandable which is why it is even more important to take care and to think about what you are doing. For example, if you are in a monogamous relationship, there is probably no need to use a condom if both you and your partner have both recently tested HIV negative.

What are the most likely risk situations where you might possibly catch HIV?

However, problems may arise when one or both of you start to 'play away from home' or have multiple partners with or without the other partner's knowledge. HIVsport understands life is not simple, and supports individual choice but encourages choices that are right for your own health and the health of your partner. People who play sport may find themselves in social situations when they need to think about what they are doing in respect to sex. After a match, on tour, or at a training camp then it is likely that you may go to bars and clubs for a night out. Meeting other people is a natural and good thing to do. Quite often it may lead to more than just 'a couple of drinks at the bar' and that is when you need to make sure you know what you are doing to keep yourself and your partner healthy. If you decide to have sex with someone you have met in a bar or club then it would make sense to use a condom.

So the choices are, either to stay faithful in your monogamous relationship or if you have multiple partners, make sure you keep a condom handy and, most importantly, make sure it gets used.

Sharing needles

A second, but much less likely, way of contracting HIV is through sharing a contaminated needle with someone who is HIV positive. This mainly applies to illegal drug users (e.g. heroin addicts) who inject. For sportspeople the most likely scenario would be injecting steroids, so if you are doing this (and you should only do so under medical supervision) then make sure you use a new sterile needle every time, do not share it with others and make sure you dispose of it safely.

What should I do if a team mate has HIV?

Discovering that someone you know has HIV can be a bit of a shock. It is just something many prefer not to think about. Unfortunately there is still a lot of stigma and discrimination against people who are HIV positive.

Normally this is because people do not really understand HIV and are frightened by it and turn that fright into hatred or anger against people who are living with it.

These feelings are natural but only make matters worse. Remember that HIV cannot be caught while playing sport, sharing changing facilities or in normal social situations so in fact, there is nothing to worry about.

If you know of someone who is HIV positive then the right thing to do is just to treat them as you would anyone else.

Can I play sport if I am HIV positive?

Most definitely yes... HIV infection is not a reason to prevent anyone from taking part in sports activities.

There has been at least one Olympic Gold Medal Winner who was HIV positive so it is no barrier to participation at any level.

Anyone who is diagnosed HIV positive should take advice from their doctor but generally, regular physical activity is strongly recommended for most individuals infected with HIV.

Participation in regular exercise/sports can have significant beneficial effects both psychologically and with regard to boosting the immune system. Similarly, progressive resistance training (circuit weight training) can also help to develop muscle mass, muscle strength and play a key role in maintaining bone mass.

Unquestionably, regular physical exercise has definite benefits for people living with HIV and is an effective means of ongoing management of the condition. There may be times, such as when starting on a treatment regime, when it is best to limit the amount and degree of physical activity. HIVsport recommends that the appropriate amount of physical activity be discussed with medical supervisors.

Travelling Abroad

Fortunately here in the UK there is a low prevalence of HIV. Other parts of the world are not so fortunate, especially sub-Saharan Africa and some parts of the Caribbean.

If you go on tour to countries where there is a much greater prevalence of HIV you will almost certainly come into contact with people who are HIV positive even if you don't know it. The good news is that you have nothing to

worry about provided you follow the safety precautions set out in this leaflet. In particular, make sure that you use a condom in all sexual encounters you may have while away.

Regrettably there are countries that refuse access to people who are HIV positive. If you are HIV positive and need to travel abroad for competition or training then you should make enquiries as to whether there are any entry bans in place. Please contact HIVsport for advice if you are in any way unsure as to what to do.

In summary

- HIV infection and AIDS is preventable and can be successfully treated with modern drugs. However it cannot be cured and if left undiagnosed and untreated can cause early death.
- HIV can only be transmitted through unprotected sex with someone who is HIV positive, sharing contaminated needles, through exchange of infected blood products or from mother to child during birth or breast feeding.
- There are no confirmed cases of HIV being transmitted through sporting contact.
- Bleeding wounds should be treated by following Universal Precautions in respect to First Aid.
- HIV cannot be contracted by sharing changing, shower and toilet facilities or during any other social situation such as sharing a glass or cup.
- If you have multiple sexual partners then it makes sense to use a condom to prevent HIV and other STI infections, including chlamydia infection.

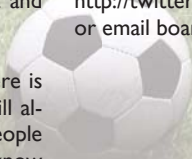
For more help and advice:

<http://www.hivsport.org>

<http://www.facebook.com/hivsport>

<http://twitter.com/hivsport>

or email board@hivsport.org



About HIVsport

HIVsport was incorporated as a company limited by guarantee on 20 September 2007. We are a successor to elements of the Ensuring Positive Futures (EPF) programme of work which finished in July 2007. In particular we took up the work started by the EPF programme in working with the sports trade unions.

HIVsport works in partnership with professional sporting associations, umbrella HIV and sexual health organisations, the media, medical and corporate bodies to:

- Create, through sport, greater public awareness of the global epidemic of HIV and AIDS.
- Provide education and training to people in all roles in sport around HIV and sexual health.
- Support sports-related HIV and sexual health education projects.

HIVsport uses the 'Badge of Hope' to raise awareness of HIV and AIDS and promote sexual health and wellbeing in sport.

The red ribbon is the internationally familiar symbol of HIV and AIDS awareness. HIVsport is committed to use the symbol to ensure that levels of awareness are improved through sport, especially among younger people. To tackle this we have designed new Badges of Hope with other sporting symbols - a tennis, cricket and rugby ball and a boxing glove.



One of the aims of HIVsport is to ensure that sportsmen and women can demonstrate their commitment to the fight against HIV and AIDS, not just in the UK but worldwide, and to make sure that they have all of the correct information to hand and receive the necessary support.

HIVsport's World AIDS Day campaign

Since 2007, HIVsport's World AIDS Day campaign has been supported by the Football Association (FA), the League Managers Association (LMA), the Professional Footballers Association (PFA), FIFPro, the international players union and the Educational Sports Forum. In addition we've had support from the Professional Boxing Association (PBA).

World AIDS Day 2010

We have even more World AIDS Day events this year, as once again we'll be sending, through the LMA, Badges of Hope to all 92 working managers together with some text for them to include in their Match Day programme notes. The aim of this exercise is to bring the issue of HIV to a wide audience of football fans throughout England and Wales.

HIVsport is delighted to be involved with the UN Workers Football Team tour this year and would like to thank everyone involved for their commitment to raising awareness of HIV leading up to World AIDS Day.

Andy Harvey
Chair, HIVsport
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While every care has been taken in preparing this information, HIVsport does not assume any responsibility, including legal responsibility, for actions taken in relation to this guidance. If you are concerned about your health for any reason, HIVsport encourages you to consult with a medical professional.



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REPRO- VAN DE KAMP



www.reprovandekamp.nl

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www.crunchsportpromotions.nl

**We would like to emphasise the fact that this is a self-funded project.
All members of the UN Workers Team donated both their free time and money
to make this campaign possible.**