

# NSYSU Measures for Elite Student Athlete Sports Injuries Prevention and Guidance

History of Amendment and Approval:

8<sup>th</sup> Student Affairs Division Meeting of 2014-Academic Year (1<sup>st</sup> Semester) on 17-12-2014

Documentary Approval from the President on 04-01-2015

1<sup>st</sup> Student Affairs Division Meeting of 2015-Academic Year (2<sup>nd</sup> Semester) on 04-03-2015

Documentary Approval from the President on 19-03-2015

- Article 1 The NSYSU Measures for Elite Student Athlete Sports Injuries Prevention and Guidance (hereinafter the Measures) are devised to reduce the risk of sports injuries that elite student athletes may encounter during training or practicing certain technique after class.
- Article 2 The elite student athletes in the Measures refers to the students enrolled in the University according to the Regulations Governing the Guidance of Outstanding Secondary School Student Athletes in Higher Education Enrollment or other methods of recruitment for students with outstanding athletic performance.
- Article 3 Should the elite student athletes train, perform, or practice prior to games, the coach or physical education faculties of relevant expertise shall assist in monitoring and maintaining the safety of students.
- Article 4 Elite student athletes are strictly forbidden to perform high-risk practices by themselves when they participate in representative sporting teams; violators shall be prosecuted according to the NSYSU Representative Sporting Team Evaluation Measures.
- Article 5 The representative sporting team coach shall devise training plans or workout routines to prevent overuse injuries or sports injuries from inappropriate training.
- Article 6 To effectively reduce sports injuries and cultivate the students' ability of self-defense against sports injuries, the following methods shall be practiced:
1. Regular lectures and workshops on sports injuries shall be hosted to instruct students on how to prevent and handle sports injuries.
  2. Personnel shall be designated to check and maintain equipment regularly; should any of the physical education staff, coaches, or relevant individuals find the equipment damaged or in the state of concern during class or prior to any event, reports shall be made to the Sport Development Division immediately.
  3. Should any accident occur inflicting sports injuries, the situation shall be handled according to the NSYSU Emergency Injury or Sickness Management Procedures of the Counseling and Health Service Division.
  4. The Counseling and Health Service Division shall have an appropriate stock of first-aid kit and supplies for sports injuries.
  5. Information on the contracted hospitals of the University shall be provided to guide students in handling sports injuries.
- Article 7 The NSYSU Sports Event Application Form shall be filled and submitted along with the insurance roster of the members involved in the game (training) prior to the participation in the game, in-situ or ex-situ trainings, summer training camps, or winter training camps. Participation in games or trainings shall only be allowed upon approval of the application.
- Article 8 The Measures should be practiced after being passed by the Student Affairs Division Meeting and approved by NSYSU President. The same procedure applies for future amendments.