

Yuan Ze University Sports Injury Prevention and Counseling Guidelines for Excellent Student Athletes

2023.3.8 Passed in the 15th Administrative Meeting of the 2022 academic year

- I. Yuan Ze University formulated the Sports Injury Prevention and Counseling Guidelines for Excellent Student Athletes (hereinafter referred to as the Guidelines) to prevent excellent student athletes from getting injured from practicing technical movements during training or between classes.
- II. The term "excellent student athletes" in the Guidelines refers to students who enrolled at the University in accordance with the "Regulations Governing Educational Advancement Counseling of Outstanding Student Athletes of Junior High School and Above" or the University's excellent student athlete enrollment channel.
- III. Excellent student athletes participating in training, performances, or pre-game exercises shall be supervised by instructors appointed by their coaches or the Physical Education Office for their safety.
- IV. Excellent student athletes are strictly prohibited from practicing high-risk movements on their own after class during the varsity team period. Those who refuse to comply with warnings shall be penalized according to the "Yuan Ze University Varsity Team Management Regulations."
- V. Coaches or instructors in each athletic specialty are required to formulate a training plan or exercise prescription to avoid sports injuries caused by overtraining or improper practice methods.
- VI. Measures to effectively reduce sports injuries among excellent student athletes and cultivate students' ability to protect themselves are as follows:
 - (I) Conduct regular sports injury lectures and instruct students on how to prevent and deal with sports injuries.

- (II) Have dedicated staff perform regular maintenance of sporting equipment; PE teachers, coaches, and relevant staff shall report any damage to sporting equipment or any safety concerns to the Office before classes or activities.
 - (III) Accidental injuries shall be handled according to the "Yuan Ze University Emergency Hospital Transport and Escort Measures" formulated by the Health Care Division of the University's Office of Student Affairs.
 - (IV) The Physical Education Office and Health Care Division shall be equipped with first aid equipment and supplies for treating accident sports injuries, and replenish supplies as needed.
 - (V) Provide information on hospitals contracted by the University to help students handle sports injuries.
- VII. Those who wish to participate in competitions, off-campus training, or on-campus winter or summer training must first submit an application to the Office, and may only participate in said competitions or trainings once their application is approved.
- VIII. The Guidelines have been implemented after approval by an Administrative Meeting. The same shall apply to all subsequent amendments.