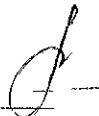


SENATE
S. No. **3336**



Introduced by Senator Miriam Defensor Santiago

EXPLANATORY NOTE

The Constitution, Article 2, Section 17 provides:

Section 17. The State shall give priority to education, science and technology, arts, culture and sports to foster patriotism and nationalism, accelerate social progress, and promote total human liberation and development.

An increasing number of children and adolescents participate in organized sports in the each year. Still more participate in informal recreational activities. While sports participation gives a lot of physical and social benefits, it also carries the risk of sports-related injuries. In the United States, for example, based on a 2002 report by the Centers for Disease Control, nearly 1.9 million children under 15 were treated in emergency departments the year before for sports-related injuries.

Injuries sustained in sporting events are the most common cause of musculoskeletal injuries in children treated in emergency departments. They are also the single most common cause of injury-related primary care office visits.

This bill seeks to protect young athletes by providing measures to protect them or at least minimize the occurrence of sports related injuries.

Miriam Defensor Santiago
MIRIAM DEFENSOR SANTIAGO
act

SENATE
S. No. **3336**

Introduced by Senator Miriam Defensor Santiago

1 AN ACT
2 TO REQUIRE SPORTS RELATED INJURY PREVENTION
3 AND TREATMENT PROGRAMS IN EDUCATIONAL INSTITUTIONS

Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

4 SECTION 1. *Short Title.* – This Act shall be known as the "Sports Related Injury
5 Prevention and Treatment Act of 2012."

6 SECTION 2. *Declaration of Policies and Objectives.* – Pursuant to Article 2, Sec. 17 of
7 the Constitution, the State shall give priority to education, science and technology, arts, culture
8 and sports to foster patriotism and nationalism, accelerate social progress, and promote total
9 human liberation and development.

10 In addition to this, Article 10, Section 19, paragraph 1 provides that the State shall
11 promote physical education and encourage sports programs, league competitions and amateur
12 sports, including training for international competitions, to foster self-discipline, teamwork, and
13 excellence for the development of a healthy and alert citizenry.

14 Towards this end, it is the view of the Legislature that ensuring the safety of student
15 athletes should be a priority for all athletic programs.

16 SECTION 3. *Definition of Terms.* – For purposes of this Act, these terms are defined as
17 follows:

18 (a) "Athletic program" shall mean an athletic program in any educational institution, be it
19 public or private, or primary, secondary or tertiary.

1 (b) "Student athlete" means any student who participates in an athletic program of an
2 educational institution, and includes student athletes who participate in basketball, football or
3 any other sport.

4 SECTION 4. *Requirement for Prevention and Treatment Programs in Organized*
5 *Sports.*— All educational institutions shall have a program for the prevention and treatment of
6 sports-related injuries.

7 SECTION 5. *Prevention Programs.* — Prevention programs shall include but not be
8 limited to the following. —

9 (a) Coaches should be trained in first aid and cardiopulmonary resuscitation (CPR),
10 and should have a plan for responding to emergencies. Coaches should be well versed in the
11 proper use of equipment, and should enforce rules on equipment use.

12 (b) Organized sports programs shall have adults on staff who are Certified Athletic
13 Trainers trained to prevent, recognize, and provide immediate care for athletic injuries.

14 (c) Warm-ups and cool-downs shall be a part of a young athlete's routine before and
15 after sports participation. Warm-up exercises, such as stretching and light jogging, can help
16 minimize the chance of muscle strain or other soft tissue injury during sports. Warm-up exercises
17 make the body's tissues warmer and more flexible. Cool-down exercises loosen muscles that
18 have tightened during exercise.

19 (d) Student athletes shall have access to water or a sports drink while playing. They
20 should be encouraged to drink frequently and stay properly hydrated.

21 SECTION 6. *Treatment Programs.* — Treatment for sports-related injuries will vary by
22 injury. But if the young athlete suffers a soft tissue injury (such as a sprain or strain) or a bone
23 injury, the best immediate treatment shall include rest, ice, compression, and elevation of the
24 injury. Professional treatment should be sought if the injury is severe. A severe injury means
25 having an obvious fracture or dislocation of a joint, prolonged swelling, or prolonged or severe
26 pain.

1 SECTION 7. *Repealing Clause.* – All laws, presidential decrees, executive orders and
2 rules and regulations or part thereof, contrary to, or inconsistent with the provisions of this Act,
3 are hereby repealed or modified accordingly.

4 SECTION 8. *Separability Clause.* – Should any provision of this Act be found
5 unconstitutional by a court of law, such provision shall be severed from the remainder of this
6 Act, and such action shall not affect the enforceability of the remaining provisions of this Act.

7 SECTION 9. *Effectivity.* – This Act shall take effect fifteen (15) days after its complete
8 publication in any two (2) national newspapers of general circulation.

Approved,