

SIXTEENTH CONGRESS OF THE REPUBLIC)
OF THE PHILIPPINES)
Third Regular Session)



'16 FEB -2 P 6 20

SENATE
S. No. 3214

RECEIVED BY: *[Signature]*

Introduced by Senator Miriam Defensor Santiago

AN ACT
REQUIRING SPORTS-RELATED INJURY PREVENTION AND TREATMENT
PROGRAMS IN EDUCATIONAL INSTITUTIONS

EXPLANATORY NOTE

The Constitution, Article 2, Section 17, provides:

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.

The Constitution, Article 14, Section 19, further provides:

1. The State shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry.

2. All educational institutions shall undertake regular sports activities throughout the country in cooperation with athletic clubs and other sectors.

An increasing number of children and adolescents participate in organized sports. 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.

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.¹

Miriam Defensor Santiago
MIRIAM DEFENSOR SANTIAGO
RP

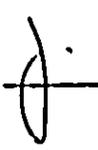
¹ This bill was originally filed during the Fifteenth Congress, Third Regular Session.

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

1 SECTION 1. *Short Title.* – This Act shall be known as the “Sports-Related Injury
2 Prevention and Treatment Act.”

3 SECTION 2. *Definition of Terms.* – For the purposes of this Act, the term:

4 (A) “Athletic program” refers to an athletic program in any educational institution,
5 be it public or private, or primary, secondary or tertiary; and

6 (B) “Student athlete” refers to any student who participates in an athletic program
7 of an educational institution, and includes student athletes who participate in basketball,
8 football or any other sport.

9 SECTION 3. *Requirement for Prevention and Treatment Programs in Organized*
10 *Sports.* – All educational institutions shall have a program for the prevention and
11 treatment of sports-related injuries.

12 SECTION 4. *Prevention Programs.* – Prevention programs shall include but not
13 be limited to the following:

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

4 (B) Organized sports programs shall have adults on staff who are Certified
5 Athletic Trainers trained to prevent, recognize, and provide immediate care for athletic
6 injuries;

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

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

14 SECTION 5. *Treatment Programs.* – Treatment for sports-related injuries will
15 vary by injury. But if the young athlete suffers a soft tissue injury (such as a sprain or
16 strain) or a bone injury, the best immediate treatment shall include rest, ice, compression,
17 and elevation of the injury. Professional treatment should be sought if the injury is severe.
18 A severe injury means having an obvious fracture or dislocation of a joint, prolonged
19 swelling, or prolonged or severe pain.

20 SECTION 6. *Separability Clause.* – If any provision of this Act is held invalid or
21 unconstitutional, the same shall not affect the validity and effectivity of the other
22 provisions hereof.

1 SECTION 7. *Repealing Clause.* – All laws, decrees, orders, and issuances, or
2 portions thereof, which are inconsistent with the provisions of this Act, are hereby
3 repealed, amended or modified accordingly.

4 SECTION 8. *Effectivity Clause.* – This Act shall take effect fifteen (15) days after
5 its publication in the *Official Gazette* or in two (2) newspapers of general circulation.

Approved,

/ml6Jan2016