

# The Construction of Emergency Systems of Student Sports Injury in Universities

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## Abstract

Through the research on the emergency mechanism of campus sports injuries in colleges and universities in Shanghai, this paper finds that there are some problems in the construction of the emergency mechanism of campus sports injuries, such as the details of the emergency system are not perfect, the monitoring and early warning ability is not strong, the recovery mechanism can not be implemented, the emergency support is not in place, and the education and training are not sufficient. It is suggested to enhance the prevention ability of campus sports safety incidents by improving laws, regulations and standard system, rationalizing the supervision system, strengthening monitoring and early warning, building a unified and coordinated information platform, strengthening the construction of control system and other means. Through the plan system, build efficient emergency command mechanism, perfecting the information communication mechanism to improve the emergency disposal of the campus sports security incidents, to do a good job of later restore physical security events, set up personnel, material, mission training security system, to mobilize all social forces, jointly improve the campus sports damage emergency response mechanism, Make the incident get quick, efficient and proper disposal, reduce the loss to the minimum.

## Keywords

College students; Physical Education; Emergency Mechanism; Sports Injury.

## 1. Introduction

In recent years, as the enrollment of universities continues to expand, there is a growing number of students who participate in sports activities and exercises on campus. Meanwhile, the rapid development of society and constant improvement of reforms of campus sports gradually enrich the sports courses and teaching activities. However, many problems of the school sports have been exposed, and accident injury accidents happen frequently at the school. Compensation and settlement of accidents often entail legal disputes. Therefore, it is of practical significance to formulate an emergency mechanism for relevant sports injury at school to deal with security issues in universities.

## 2. The Construction of Emergency Systems of Student Sports Injury in Universities

Generally speaking, the emergency system is composed of the following systems.

- (1) The warming system: monitoring and warming whenever security events happen.
- (2) The disposal system: the system of specific measures for social security events that are supposed to cause minimum devastation.
- (3) The restoration system: the restoration to normal teaching environments and orders after the settlement of emergency.

The thesis researches students and teachers of normal universities in Shanghai city from the three aspects above, and the result suggests that 97.9% of the schools have set up emergency systems for sports injury during class in the management mechanism of campus sports. And, as for specific construction of the emergency system, 23.7% of them have built warming systems, 82.1% have built the disposal system, and 33.5% have built the restoration system. Picture 1 The construction of emergency systems set up by universities

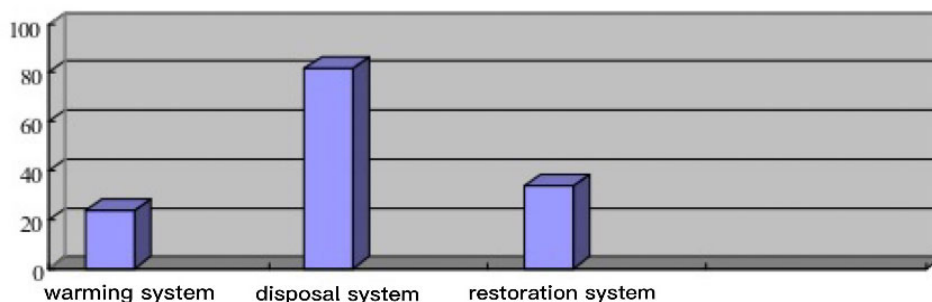


Figure 1. The construction of emergency systems set up by universities.

### 3. The Current Problems of Emergency Systems of Students Sports Injury in Universities

#### 3.1. Negligence on the Warming System

Monitoring and warming security events of teaching is the first stage of the emergency system. If the basic causes of these incidents can be eliminated in time before the occurrence of accidents, the balanced and stable teaching orders can be effectively protected, and many labor forces, materials, and costs can be saved. The statistics show that 76% of the schools have arranged for teaching sports protection with certain credits. In fact, beyond the method of teaching in class, educational methods also include the method of educational practice. The former focuses on imparting basic knowledge for security and skills for protection, and the latter concentrates on warming through some cases and accidents, especially the ones that happen around students, which is more persuasive and influential. However, we found the results less optimistic when we conduct a survey on emergencies for rehearsal. The situation is shown in picture 2.

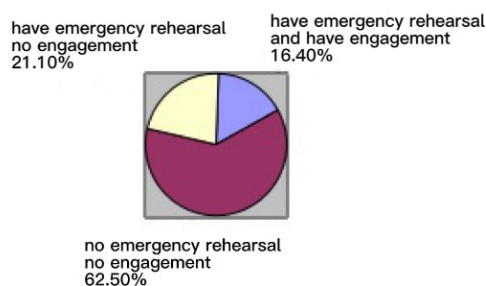


Figure 2. The situations of emergency rehearsal and engagement of students in their universities

### 3.2. The Settlement System in Place But with Incomplete Details

An improved warming system can reduce greatly the rate of social security events, but most of the ones of campus sports are hard to predict. And the disposal mechanism established by most schools is based on the characteristics of sports injury accidents and the "Student Injury Accident Management Measures" issued by the Ministry of Education, combined with the actual situations of campus sports programs to establish the relevant systems to deal with sports injury accidents. Nevertheless, the details are less complete, which are regulated in a rough way rather than building the aid system with specialists based on the characteristics of sports education.

### 3.3. The Restoration System Has Not Been Fully Implemented

After the crisis is settled, there is a very essential task, that is, the gradual restoration of living conditions and social orders in normal times. Therefore, the emergency system of campus sports security events must include an effective restoration system afterward to ensure everything is in order after the events happen and to mitigate and avoid the harm caused by a crisis. And schools should take care of students' mental status caused by emergency events, to restore and rebuild the normal environments of the campus sports.

Firstly, the mechanism of rewards and punishments should be established to satisfy the mental needs of departments and individuals contributing to the disposal of emergency events by honoring exceptional people and setting good examples for teachers and students, which encourages them and inspire their zeal for overcoming crisis. The person who affects or hinders the handling of the accident shall be investigated and punished according to the damages so as to strengthen the sense of responsibility of the relevant personnel. The research result is shown in picture 3. The implementation of the system of rewards and punishments tends to focus on "rewards" rather than "punishments".

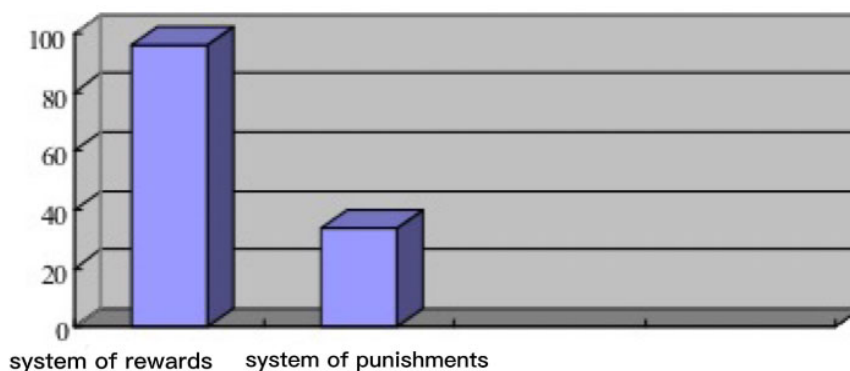


Figure 3. The implementation of the system of rewards and punishments

Secondly, an aid system with specialists should be set up. According to relevant regulations, sports venues and sites should be prepared with enough qualified security guards. Meanwhile, according to the characteristics of the projects in the activity place, professional staff should be equipped in the relevant posts to avoid emergency events and timely deal with accidents.

Thirdly, a complete accountability system for campus safety work should be constructed. With a view to ensuring full implementation of sports safety of students in universities, schools are expected to establish and improve the system that guarantees sports safety management with a headmaster in charge and faculty at all levels, in order to clarify responsibilities and ensure cooperation in implementation and regulation of sports management.

Fourthly, the number of students in a class and the number of units should be diminished, and the sporting area per student should be increased. As for lowering the number of students in a class, we can conduct teaching for small classes and keep the number within 30. As for overcrowding and severe disturbance during class, schools should arrange for campus sports in a holistic manner, by which the sports projects intensively using fields and equipment should be conducted at different times to avoid mutual disturbance and interrupts.

Disposal measures during events aim to effectively make emergency events under control, but a crisis under control does not mean the end of the whole disposal process. After the crisis is settled, there is a very essential task, that is, the gradual restoration of living conditions and social orders in normal times. Therefore, the emergency system of campus sports security events must include an effective restoration system afterward to ensure everything is in order after the events happen and to mitigate and avoid the harm caused by a crisis. And schools should take care of students' mental status caused by emergency events, in order to restore and rebuild classes' normal environments. An improved restoration system can ensure swift and orderly restoration work, reassure frightened students, maintain school stability, and guarantee the continuity of campus life.

#### 4. Countermeasures and Suggestions

4.1 Enhance the prevention ability of campus sports safety incidents by improving laws, regulations and standard system, rationalizing supervision system, strengthening monitoring and early warning, building a unified and coordinated information platform, strengthening the construction of control system and other means.

4.2. Improve the emergency handling level of campus sports safety incidents by improving the pre-pay system, building an efficient emergency command organization, perfecting the information communication mechanism and other means, and do a good job in the post-event recovery of campus sports safety incidents.

4.3 Establish personnel, materials, education and training and other security systems, mobilize the whole society, and improve the emergency mechanism of campus sports injuries, so that the incident can be dealt with quickly, efficiently and properly, and the loss can be minimized.

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