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Sports Administration Enhances Water Safety Promotion Through Energetically Promoting the "4 Water Self-Rescue Moves"



► Sports Administration Enhances Water Safety Promotion Through Energetically Promoting the "4 Water Self-Rescue Moves"

In order to strengthen students' ability to swim and self-rescue in water, in coordination with the 12-year National Education Curriculum, in September 2011, the Sports Administration promulgated amendment of the "Basic Indicators for Swimming and Self-rescue Ability of National Elementary and Junior High School Students". From elementary school to high school, swimming and self-rescue skills in each stage are divided into five levels,

adding "clothed swimming" for accidental falling into the water, "clothes removal" self-rescue skills, and "shore rescue" lifesaving methods. As a lot of people play in water in summer, the Sports Administration has issued a letter to schools at all levels across the country, requesting schools strengthen promotion of water safety skills and awareness before the holidays begin, and calling on students to master the "4 water self-rescue moves".



The "4 water self-rescue moves" are "slapping the water surface", "using floating objects", "jellyfish floating" and "floating on the back".1. Slapping the water surface: Raise your hands horizontally and slap the water surface downwards, and shout for help, using movements and sounds to attract attention; 2. Using floating objects: use the floating objects available on site, or take off your clothes and throw them forward from the back of your head, so that the clothes fill with air to form a buoyancy aid; 3. Jellyfish floating: Take a deep breath, bury your face in the water, straighten your hands and feet naturally, and relax your body; 4. Floating on the back: relax the whole body, slowly tilt the head back after inhaling fully, and exhale and inhale quickly through the mouth when breathing.

The Sports Administration stated that in addition to being proficient in the "4 water self-rescue moves", students should choose places with life-saving equipment and professional life-saving personnel when playing in the water, and refrain from engaging in dangerous behavior and diving. According to statistics from the School Safety Reporting System of the Ministry of Education, student drowning incidents mostly occur during

holidays, especially the graduation season and continuous holidays. Recently, two schoolchildren in Hualien County went to Jiawan Beach to play in the water without notifying their parents on the eve of a typhoon's arrival in Taiwan. They were swept into the sea by a big wave. One child was luckily rescued, but the other died after being taken to hospital. The key to being rescued was that the surviving student floated in a relaxed way and calmly waited for rescue after falling into the sea. He also possessed level 3 water self-rescue ability. Water self-rescue ability is divided into five levels; level 3 means a person has the ability to "jellyfish float for up to 30 seconds" and "floating on the back or treading water" for up to 15 seconds.

The "Basic Indicators for Swimming and Self-rescue Ability of National Elementary and Junior High School Students" have added three skills: Clothed Swimming, Clothes Removal and Shore Rescue.

1. Clothed swimming trains students' ability to judge whether they can immediately return to a safe place; if a return to shore is possible, the distance must be considered. If the distance is far away from the shore or the drowning person is not proficient in the water, they should first remove their cumbersome clothes to facilitate safe exit from the water; 2. Clothes removal simulates a drowning

person taking off cumbersome clothes in the water. The sequence of undressing is based on the sequence that affects a drowning person's movements. First, take off the coat, followed by shoes and socks, and then trousers and shirt. Keep calm, and don't tear clothes off indiscriminately; 3. Shore rescue teaches the order of priority for shore rescue of drowning people. Do not rush into the water for rescue. Hands, feet or objects can be used to help rescue drowning people. The three new skills teach people to prolong the chance of surviving in water by simulating the situation of accidentally falling into the water.

Taiwan is surrounded by the sea, and the seashore is the first choice for people to cool off and play in the summer, but there are also many hidden drowning traps. One of the traps is "Deep shelving beach", notable examples of which are Qixingtan Beach in Hualien, Qijin in Kaohsiung and Neipi Beach in Yilan. Ten to tens of meters away from the shore, the terrain drops sharply, and there are even troughs as deep as 100 meters, which easily form "reverse plumes"; when big waves come, it is very easy to be swept out to sea. In addition, the public is reminded that when they see a drowning person at the seashore, they should call the rescue number "Coastguard Service Hotline 118" as soon as possible, so as to notify local Coast Guard personnel and allow rescue to be carried out as soon as possible.

The Sports Administration has requested local county and city governments to strengthen patrols and warnings at dangerous water areas, and appealed again to parents to keep track of their children's whereabouts and teach them that playing in dangerous waters alone or

with others should be avoided. When the weather conditions are bad such as when a typhoon is passing through, and during high tides, and heavy rain, they should halt water activities immediately to reduce the occurrence of drowning accidents, and must master the "4 water self-rescue moves" so that they can self-rescue at the moment their fate is decided.

■ 體育署力推「水中自救 4 招式」強化水安宣導

為強化學生游泳及水中自救能力,教育部體育署配合 12 年國教課綱,110 年 9 月函頒修正「全國中、小學學生游泳與自救能力基本指標」,從國小到高中訂定各階段的游泳及自救能力,共分爲五級,加入意外落水的「著衣游泳」、「著衣解脫」的自救技能,以及「岸上救援」的救生方法。夏日戲水多,體育署已通函全國各級學校,要求校方應在假期開始前加強水域安全宣導,並呼籲學生熟練「水中自救」4 招式。

「水中自救」4招式爲「拍打水面」、「運用 漂浮物」、「水母漂」及「仰漂」。「拍打水面」: 雙手水平舉起向下平拍水面,並大聲呼救,利 用動作和聲音引起注意。「運用漂浮物」:運用 現場可得的漂浮物,或是脫下身上的衣物從頭 後向前拋,讓衣物充滿空氣形成浮具。「水母 漂」:深吸一口氣,臉向下埋入水中,手與腳向 下自然伸直,並將身體放鬆。「仰漂」:全身放鬆, 吸滿氣後頭部慢慢後仰,換氣時用口快吐快吸。 體育署表示,學生除熟練「水中自救」4招式外,戲水時應選擇具有救生設備與專業救生人員的場所,且不要作出危險行為及跳水。依據教育部校安通報系統統計顯示,學生溺水事件多發生在例假日,特別是畢業季與連續假期。日前花蓮縣兩名學童在颱風侵臺前夕,在未告知家長情況下至加灣海灘戲水,被大浪捲進海中,一名學童幸運獲救,另一名學童送醫後不治。獲救關鍵原因是該名學童落海後冷靜面對、放鬆漂浮並等待救援,且具備第三級水中自救能力,水中自救能力共分為五級,其中第三級水中自救能力指標包含「水母漂可達 30 秒」及「仰漂或立泳可達 15 秒(含)以上」。

「全國中、小學學生游泳與自救能力基本 指標」增加「著衣游泳」、「著衣解脫」及「岸上 救援」三項技能,「著衣游泳」爲遇著衣不幸落 水時,訓練判斷是否可立即回到安全地點,如 須游回岸上,則要考慮距離的遠近,倘離岸較 遠或溺水者本身水性不佳,則應先在水中脫除 累贅的衣物,以利安全上岸。「著衣解脫」則是 模擬溺水者在水中脫除累贅的衣物,脫衣物則 依影響溺者行動的順序,應先脫去外衣,次爲 鞋襪、再次爲長褲、襯衣,且在水中保持鎭定、 冷靜,切忌胡亂撕扯。「岸上救援」爲訓練岸上 救援溺水者之優先順序,切勿貿然入水救援, 可透過採取手援、腳援或物援協助救援溺水者。 三項新增技能內容透過模擬意外落水的情境, 習得延長在水中生存的機會。

臺灣四面環海,海邊是民衆夏日消暑戲水 的首選,但同時也潜藏著許多溺水陷阱,陷阱 之一就是「陡降型海灘」,以花蓮七星潭、高雄 旗津、宜蘭內埤海灘等地最爲常見。離岸十至 數十公尺之外地勢陡降,甚至有深達百公尺的 暗溝,易形成「反捲流」,當長浪一來,極容易被捲到外海。此外,提醒民衆在海邊當發現溺水者時,應第一時間撥打救助電話「海巡服務專線 118」,才能最快通報駐地海巡人員並進行救助。

體育署已請各地方縣市政府,加強於各危險水域巡邏與警戒任務,並再次呼籲,家長應關心注意子女之行蹤,避免其獨自或結伴到危險水域戲水,如遭遇颱風過境、大潮、豪雨等天候狀況不佳時,也應立即停止水域活動,以降低溺水意外發生,並要將「水中自救 4 招式」學好學滿,在決定命運的瞬間,才能可以靠自己救自己。

Dragon Boat Races Take the Stage Amidst an Exciting Atmosphere, Providing Spectators With Thrilling Scenes



Dragon Boat Races Take the Stage Amidst an Exciting Atmosphere, Providing Spectators With Thrilling Scenes

In addition to enjoying delicious glutinous rice dumplings, the Dragon Boat Festival wouldn't be the same without dragon boat races. Taiwan has a long history of dragon boat racing and has repeatedly achieved good results in international competitions; the men's team won 2 golds and 1 silver at the Jakarta Palembang 2018 Asian Games, next year 2 golds and 2 bronze at the 14th IDBF World Dragon Boat Racing Championships. Casting off the impact of the COVID-19 pandemic,

in 2023 counties and cities across the country resumed dragon boat races during the Dragon Boat Festival. Many people took advantage of the extended holiday to travel to watch dragon boat races, cheer on the rowers, and feel the exciting atmosphere of the competition and the lively festive atmosphere.

The Sports Administration stated that in order to assist special municipalities and county (city) governments to promote sports for all according to local conditions, it subsidizes the "Taiwan iSports 2.0 Program" which has diverse activities. As well as various ball sports, dancing, road running, cycling, martial arts fitness and other land activities, water activities are also very varied, including dragon boat rowing,

kayaking, canoeing, sailing, rowing, Standup Paddling (SUP) and other unpowered water sports experience activities.

During the Dragon Boat Festival this year, 11 counties (cities) including New Taipei City, Taipei City, Taoyuan City, Hsinchu County, Miaoli County, Changhua County, Tainan City, Kaohsiung City, Pingtung County, Yilan County and Hualien County held dragon boat races, attracting many spectators. The Sports Administration invites people to watch the races next year. In addition to adding to the lively atmosphere of traditional folk festivals, they also have the opportunity to experience the folk sport of dragon boat rowing and cheer on the dragon boat teams.

■ 龍舟競賽熱鬧登場 端午佳節觀賽趣

端午佳節除了品嘗美味粽子外,一定也少不了應景的龍舟競賽。我國發展龍舟競技運動歷史悠久,在國際競賽中也屢獲佳績,男子代表隊於2018年亞洲運動會中獲得2金1銀、2019年龍舟世界錦標賽中亦獲得2金2銅。112年擺脫新冠肺炎疫情的影響,端午節期間全國各縣市均恢復舉辦龍舟競賽,民衆可以趁假期出遊觀賞龍舟競賽,為選手加油,感受競賽的熱烈氣氛及節慶的熱鬧氛圍。

教育部體育署表示,為協助各直轄市、縣 (市)政府因地制宜推廣全民運動,補助辦理「運動 i 臺灣 2.0 計畫」,活動內容相當多元,除了 各式球類、舞蹈、路跑、自行車、武術及體適能等陸上活動;水域活動內容也十分豐富,包含划龍舟、獨木舟、輕艇、帆船、划船及立式划槳等無動力水域運動體驗活動。

今年端午節期間計有新北市、臺北市、桃園市、新竹縣、苗栗縣、彰化縣、臺南市、高雄市、屏東縣、宜蘭縣及花蓮縣等 11 個等縣(市)舉辦龍舟競賽,體育署歡迎民衆前往觀賽,除了增添傳統民俗節日的熱鬧氛圍,還有機會體驗划龍舟這項民俗運動並爲龍舟競賽團隊加油打氣。



► Taiwan's Delegation Returns Home With Impressive Medal Haul From the Special Olympics World Games Berlin 2023

Taiwan's Delegation Returns Home With Impressive Medal Haul From the Special Olympics World Games Berlin 2023

The Special Olympics World Games was held in Berlin, Germany June 17-25. In this edition, more than 170 countries, 7,000 athletes, 3,000 coaches and 20,000 volunteers participated. A total of 67 players (including partners) from Taiwan participated in 11 sports, including track and field, badminton, cycling, table tennis, tennis, inline speed skating, bowling, fusion bocce, fusion basketball, five-a-side football and seven-a-side football. A total of 16 golds, 13 silvers and 10 bronzes were won by our athletes.

To welcome the delegation back home, a celebration banquet was held on June 27 at Taipei Hero House. Premier Chen Chien-jen, Minister Pan Wen-chung of the Ministry of Education, and Director General Cheng Shih-chung of the Sports Administration attended to praise and congratulate the delegation. Premier Chen thanked the athletes for their efforts to actively prepare for the competition despite the interference of the COVID-19 pandemic in the past few years, and thanked the coaches and team staff for

their patient guidance, attentive care and logistical support, which provided strong backing for the athletes.

In this event, in addition to winning a total of 39 medals, the delegation fully demonstrated the Special Olympics spirit of "Let me win. But if I cannot win, let me be brave in the attempt". The Sports Administration stated that the theme of this year's Summer Special Olympics was "Unbeatable Together". We look forward to using the outstanding performance of Special Olympics athletes to call on all countries to unite and work together to

break down barriers hand in hand, and make every effort to build an inclusive society, and call on more people with disabilities to participate in sports. To continue the benefits of competition participation, the Sports Administration will, responding to the theme of the event, continue to provide guidance and subsidize local governments to handle the "Taiwan iSports 2.0 Program-Disability Project" to provide more diverse sports choices for people with disabilities. It is hoped everyone can be like Special Olympics athletes, gaining health, self-confidence and friendship from sport.

■ 2023 夏季特奧代表團爭取勝利榮耀返國

2023 年夏季世界特殊奧林匹克運動會於 6月17日至25日在德國柏林舉行,本屆賽 會計有超過170個國家、7,000位運動員、 3,000位教練及20,000名志工共同參與,我 國共有67名選手(包含融合夥伴)參加了田徑、 羽球、自行車、桌球、網球、競速輪滑、保齡 球、融合滾球、融合籃球、五人制足球及七人 制足球等11種運動競賽,共獲16金13銀 10銅佳績。

為歡迎代表團凱旋歸國,今 (27) 日於台 北國軍英雄館舉行慶功宴,由行政院陳建仁院 長、教育部潘文忠部長及體育署鄭世忠署長親 臨慰勞代表團參賽辛勞。陳建仁院長感謝選手 在前幾年新冠肺炎疫情的干擾下,仍盡最大的 努力,積極備戰,並謝謝教練及隊職員的耐心 指導、悉心照料與後勤支援,爲選手們打造強力後盾。

本次賽事,除了獲得共39面獎牌外,代表團充分展現了「勇敢嘗試、爭取勝利」的特奧精神,教育部體育署表示,本屆夏特奧賽事主題爲「Unbeatable Together」,期待藉由特奧運動員們的精采表現,號召各國團結且攜手打破隔閡,爲打造共融社會付出努力,並號召更多身心障礙朋友一起參與運動。而爲延續參賽效益,體育署將呼應賽事主題精神,持續輔導暨補助地方政府辦理「運動 i 臺灣 2.0 計畫 -身心障礙專案」,提供身心障礙國民更多元的運動選擇,希望大家都能與特奧運動員一樣,從運動中得到健康、自信和友誼。

Press conference to announce Taiwan's athletes for the Chengdu 2021 FISU World University Games



▶ Press conference to announce Taiwan's athletes for the Chengdu 2021 FISU World University Games (left is Division Chief Lan Kun-tian of the Competitive Sports Division, middle, Sports Administration Deputy Director-General Hung Chih-chang, right, Division Chief Liu Tzu-chun of the Sports Industry Division)

Taiwan will send 212 athletes to the Chengdu World University Games to participate in 16 sports including track and field, swimming, competitive gymnastics, rhythmic gymnastics, table tennis, badminton, tennis, fencing, judo, taekwondo, archery, basketball, volleyball, shooting, rowing and martial arts. Each athlete will

strive to win glory for Taiwan. At present, the athletes are undergoing final general intensive training and status adjustment, and are expected to begin successively departing for Chengdu on July 23.

The Taiwan delegation includes gymnast Lee Chih-kai, judoka Yang Yung-

wei and taekwondo player Luo Chialing who won medals in the 2020 Tokyo Olympics, shooters Lin Ying-shin and Lu Shao-chuan who won gold at the Jakarta Palembang 2018 Asian Games, and taekwondo players Su Po-ya and Ma Ting-Hsia, and archer Peng Chia-mao, etc. who won gold at the 2019 World University

Games (Summer Universiade). The Sports Administration hopes that the outstanding athletes of the national team will accumulate capability for the 2023 Hangzhou Asian Games through participating in the World University Games, and can broaden their international horizons and challenge themselves in competition.

■ 2021 成都世大運國手名單公布 212 名選手蓄勢待發

國組團參賽今年成都世界大學運動會 共派出 212 名選手參加田徑、游泳、競技 體操、韻律體操、桌球、羽球、網球、擊 劍、柔道、跆拳道、射箭、籃球、排球、 射擊、划船及武術等 16 種運動競賽,爲 我國爭取榮耀。目前各代表隊正在進行最 後的總集訓及狀態調整,預計 7 月 23 日 起陸續出發。 本屆臺灣代表團包括有 2020 東京奧運 奪牌的體操選手李智凱、柔道選手楊勇緯、 跆拳道選手羅嘉翎,2018 雅加達亞運奪金 的射擊選手林穎欣、呂紹全,2019 世大運 奪金的跆拳道選手蘇柏亞、馬婷霞及射箭選 手彭家楙等,體育署期許國家隊優秀選手透 過參加世大運蓄積 2023 杭州亞運參賽能量, 並能開拓國際視野,挑戰自我的運動成就。

Implementing Sports Venue Consumer Protection Checks and People Can Exercise Without Worry



▶ Implementing Sports Venue Consumer Protection Checks and People Can Exercise Without Worry

During the Dragon Boat Festival holiday, in addition to enjoying family reunions and eating delicious glutinous rice dumplings delicacies, the Sports Administration also encouraged the public to go to nearby public and private sports venues to exercise, to actively develop the habit of regular exercise and, through moderate exercise, give the body the ability to adapt

to changes in the external environment and maintain good health and also, moreover, enhancing their resistance and immunity.

To ensure the safety of the public's sports environment and protect consumer rights and interests, the Sports Administration guides local governments every

year to check sports venues. The check targets include swimming pools, fitness centers, and sports venues that sell fitness coaching courses and issue gift vouchers. The check items in the venue safety part include the safety of sports venues such as swimming pools and fitness centers, emergency rescue equipment, carbon monoxide poisoning checking, etc. In terms of consumer contracts, for fitness centers and sports venues that sell fitness coaching courses or issue gift vouchers, checks are undertaken to find out whether the contents of their contracts for recruiting members and selling coaching courses or gift vouchers comply with the requirements of Mandatory Provisions to be Included in and Prohibitory Provisions of Standard Form Contracts.

According to the Sports Administration, the annual checking reports for the consumer protection of various sports venues and the list of qualified and unqualified operators are posted on its official website (https://www.sa.gov. tw). Before swimming or exercising at public or private sports venue or signing a standard contract, people can check online to confirm whether it is a qualified provider. In addition, before purchasing fitness instructor courses, gift vouchers or joining a fitness center, consumers are also reminded to pay attention to whether the content of gift vouchers or contracts comply with the requirements of Mandatory Provisions to be Included in and Prohibitory Provisions of Standard Form Contracts; and before signing the contract, to carefully assess whether their time, physical fitness and financial ability allow such a purchase, and carefully review the content of the contract, so that they can fully enjoy the health and happiness brought by sports.



In addition, to enable local governments to prepare for the 2023 annual checks, the Sports Administration issued the "2023 Annual Public and Private Sports Venue Consumer Protection Check Implementation Plan" in advance in November 2022 to facilitate local government planning and arrangements for handling four types of checks, including public and private swimming pools and fitness centers, fitness coaches, and gift voucher standard contracts. At present, checking work is being carried out successively by local governments, and it is

expected the results will be reported in September and before the end of October. The Sports Administration will continue to supervise local governments to implement the consumer protection checks of sports venues this year to ensure people's safety when doing sports and protect their rights.

■ 落實運動場館消保查核 民衆運動更安心

端午連假期間在享受家庭相聚歡樂及享用 粽子美食之餘,教育部體育署也鼓勵民衆能多 多至鄰近的公、私立運動場館運動,積極養成 自我規律運動習慣,藉由適度的運動,讓身體 有適應外在環境變化的能力及維持良好的健康 體態,更增強自身抵抗力及免疫力。

為確保民衆運動環境安全及維護保障消費權益,體育署每年皆輔導各地方政府協助辦理運動場館查核業務,查核對象涵蓋游泳池、健身中心、販售健身教練課程及發行禮券的運動場館業者,在場所安全部分查核項目包含游泳池及健身中心等運動場館的安全、緊急救護設備、一氧化碳中毒檢查等;在消費者契約部分,則針對健身中心、販售健身教練課程或發行禮券的運動場館業者,檢視其招募會員與販售教練課程的契約或禮券內容是否符合定型化契約應記載及不得記載事項規定。

體育署表示,針對年度各項運動場館消費 者保護查核報告、合格及不合格業者名單,皆 於官網(https://www.sa.gov.tw) 公布,建議 民衆於前往公、私立運動場館游泳、運動,或 是簽訂定型化契約前,可先上網查詢,以確認 是否為查核合格業者。另外,也提醒消費者如 要購買健身教練課程、禮券或加入健身中心會 員前,應該要多加注意禮券或契約內容是否符 合相關定型化契約應記載及不得記載事項之規 範,並於簽約前應衡量自身時間、體力及經濟 能力是否許可,仔細審閱契約內容,才可以更 加享受運動帶來的健康快樂。

另外,為使各地方政府針對 112 年度查核作業可以預作準備,體育署也提前於 111 年 11 月函頒「112 年度公私立運動場館消費者保護查核實施計畫」,以利地方政府規劃安排辦理公私立游泳池及健身中心、健身教練、禮券定型化契約等四項查核作業期程。目前查核作業,各地方政府皆已陸續執行中,並預計於 9 月及 10 月底前函報各項查核結果,體育署也會持續督導地方政府,落實今年度運動場館消費者保護查核作業,確保民衆運動安全與權益。

Sport Terms 運動調彙

Water self-rescue	水中自救
Hit the surface of the water	拍打水面
Clothed swimming	著衣游泳
Deep shelving beach	陡降型海灘
Dragon boat races	龍舟競賽
Inclusive society	共融社會
Sports environment safety	運動環境安全



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