

## **Article I. Name of Organization**

The name of this organization shall be San Diego Injury Prevention Program at UC San Diego.

## **Article II. Statement of Purpose**

The purpose of the San Diego Injury Prevention Program at UC San Diego is to facilitate the maintenance of elderly longevity and mobility through weekly classes taught at senior residential facilities and potentially gymnasiums in the area. These classes will focus on teaching fundamentals of balance, endurance, strength, and flexibility.

Students will engage with the local community by creating individualized workout plans for geriatric clients based on ability and goals. Leadership and organizational skills will be developed, and students are encouraged to be empathetic listeners where mental, emotional, and healthcare-related well-being is prioritized. The club may act as a social event for students and elderly clients, however the ultimate goal of the club is to provide injury prevention services to underserved communities within San Diego county. The program remains open to providing additional services such as referrals and advocacy within our scope of practice. All students are trained on all the basic exercises and we facilitate training of any additional movements on a case-by-case basis.

## **Article III. Nonprofit Statement**

San Diego Injury Prevention Program at UC San Diego is a nonprofit student organization.

## **Article IV. Requirements for Membership**

Section 1. Only currently registered students may be active members. Only active members may vote or hold office. Currently registered members of the university may become active members by signing up to be paired with an elderly person for injury prevention. All members are required to sign a liability waiver in the unlikely event of personal injury during class exercises. There are currently no membership dues.

Section 2. Membership may cease by cancellation upon the member's request.

Section 3. Membership may also cease if the member misses more than two consecutive classes in a row, or fails to communicate effectively with their assigned elderly client to facilitate productive injury prevention progress.

Section 4. Membership may also cease by vote of the members if the member is found to be involved in gross misconduct.

Section 5. Members are protected from litigation while acting under the scope of practice of the club.

Section 6. Non-discrimination clause: We will not restrict membership based on race, color, national origin, religion, sex, physical and mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship or status as a covered veteran (special disabled veteran, Vietnam-era veteran or any other veteran who served on active duty in a war or in a campaign or expedition for which a campaign badge has been authorized). This nondiscrimination policy covers admission, access, and treatment in University programs and policies.

Section 7. We will not haze according to California law.

#### **Article V. Frequency of Organization Meetings**

Section 1. Meetings will be held virtually as needed to plan fundraising, recruitment, exercises, events, elections, and anything else needed by the club.

Section 2. Meetings will be recorded and available upon request to active members.

Section 3. All votes will be held by a simple majority.

Section 4. The Co-Presidents shall produce a financial report at the end of every quarter.

#### **Article VI. Qualifications for Holding Office and Methods of Selecting and Replacing Officers**

Section 1. Only registered UC San Diego students may hold office in the organization. Only registered UC San Diego students may vote in elections for the selection of the organization's officers.

Section 2. No person may hold more than 1 office at a time.

Section 3. Officers are required to be reelected at the beginning of every school year and hold office the entire year.

Section 4. Elections will be held at a general body meeting that fits the schedule of as many people as possible within the club. The deadline for running shall be 2 weeks prior to the election day.

Section 5. Each of the 4 officers shall hold equal power and responsibility while maintaining specific and separate duties outlined below:

President (2): Responsible for the general direction of the club, supporting the secretary and exercise director, planning fundraisers, advertising, managing forms and communication with outside entities, and other administrative responsibilities.

Vice President (1): Responsible for assisting the presidents with administrative tasks and executing plans with the other officers.

Treasurer (1): Responsible for managing the fundraising and organization of the club funds (and distributing them as necessary).

Secretary (1): Responsible for member participation and attendance, scheduling club meetings, as well as communication within the club and organization of our team notion page.

Exercise Director (1): Responsible for training new members, helping plan weekly individual mobility goals, and tweaking our exercise lists as necessary.

Media Manager (1): Responsible for the creation of social media posts and artwork as it relates to outreach and potential projects.

Section 6. Any other post or committee not listed in Section 1 may be established as needed by the officers.

Section 7. Officers neglecting their responsibilities to the extent that it restricts the other officers from completing their responsibilities or restricts members from volunteering may be removed from office by majority vote of the officers.

Section 8. In the event of resignation or removal of an officer, the rest of the board will assign a replacement from the list of registered members until an election can be held.

## **Article VII. Risk Management**

Section 1. San Diego Injury Prevention Program at UC San Diego is a registered student organization at the University of California, San Diego, but not part of the University itself. San

Diego Injury Prevention Program at UC San Diego understands that the University does not assume legal liability for the actions of the organization.

Section 2. San Diego Injury Prevention Program at UC San Diego assumes all the risk for student engagement with elderly clients. Liability forms will be signed by each elderly client to protect from civil litigation, however each student is expected to teach within what they know and what the program has explicitly been approved to do by registered physical therapists and physicians. Each student will be trained to teach the approved exercises. Students are not required to perform any of the exercises themselves.

Section 3. San Diego Injury Prevention Program at UC San Diego is aware that all registered student organizations that serve minors or the elderly have access to training on child and elder abuse prevention for its members via UC Learning <https://uclearning.ucsd.edu>. The San Diego Injury Prevention Program at UC San Diego will develop plan(s) for activities and events where members will be interacting with minors or the elderly such that members will receive education and/or training on Child Abuse Neglect Reporting Act (CANRA), common sense measures to both avoid child or elder abuse allegations (i.e. avoiding one-on-one situations; working with minors in plain view of others; limiting calls/texts/social media posts or other communications with minors), and how to properly report potential harm or neglect to minors or the elderly with whom they are working.

Section 4. In the event that the San Diego Injury Prevention Program at UC San Diego provides medical assistance to a community, all volunteers will work under the direction of licensed professionals (doctors, nurses, counselors, etc.). The University does not recommend that students provide medical assistance.

## **Article VIII**

### **Community Advisor**

The community advisor will be selected by the panel of officers as listed in Article IV Section 1 by majority vote.