

## **spexTAG (Training Assistance Grant)**

SpexTAG is a training grant to help E1 to E3P and Y+ carded athletes defray training costs, such as personal training equipment/apparel, expenses for public transport to and from training venues and meals. This grant supplements other financial assistance athletes may be receiving from Sport Singapore (SportSG), National Sports Associations (NSAs) or other sources.

- The spexTAG will be disbursed twice a year at the end of the review periods
- Eligibility for the disbursement of spexTAG is equivalent to the requirements
- The spexTAG allocation for one full FY corresponds to the carding levels as shown below.

### Eligibility:

- i. spexCarded individuals and teams will receive grants for the year consistent with their carding status.
- ii. spexScholars are not eligible to receive spexTAG.

### Terms and Conditions of the Scheme

Athletes receiving spexTAG shall abide by the conditions of the spexCarding programme. All support will cease immediately if the athlete is in breach of the terms and conditions of the “spexCarding Athlete Agreement”.

<b>Carding Level</b>	<b>spexTAG Allocation for one full FY</b>
E1, E1P	\$6,000
E2, E2P	\$4,800
E3, E3P	\$2,400
Y+	\$1,200
B4, Y	\$0

## **spexGLOW (Grant for Loss Of Wages)**

The intent of spexGLOW is to provide Enhanced Carded athletes who are employed full-time and are unable to secure Full-Pay Unrecorded Leave (FPUL) from their employers with the opportunity to receive financial support during periods of full-time training and/or centralised training stints prior to the four Major Games (Olympics, Commonwealth, Asian and SEA Games), Asian and World Championships and their para equivalents. There is an expectation that if an athlete receives spexGLOW, they will have a full-time training load in a quality daily training environment i.e. led by a qualified coach, with a plan that has clear KPIs, delivering 20-30 hours per week through at least 10 sessions per week.

### Eligibility

spexCarded athletes (**E1/ET1, E1P/ET1P, E2/ET2, E2P/ET2P, E3/ET3, E3P/ET3P**), holding full-time employment, who are unable to get Full-Pay Unrecorded Leave from their employers may apply if they meet all the following criteria:

i. Selected by SNOC to prepare for any of the four Major Games and their para equivalents; or

Selected by their NSA to be nominated for selection to SNOC for any of the four Major Games and their para equivalents with reasonable certainty as to the outcome of selection; or

Selected by the NSA to prepare for a major competition at Asian level and above that is part of the qualification, selection or preparation for the key internally sanctioned event identified in the athlete's YPI.

ii. Supported by their NSA to undertake full-time training with facility access and coach support to supervise training.

iii. Uploaded in SportSync a detailed training and competition plan that justify the need for full-time intensive training.

iv. Agree to complete and submit training logs to their NSA on a monthly basis that are coach/NSA verified with updates on progress.

v. spexScholars are not eligible to receive spexGLOW.

Click the link here to find out more: [spexGLOW](#)

## **spexMedic (Medical Insurance Coverage)**

spexMedic is a medical insurance policy that covers accidental injuries sustained during national training and competitions both locally and overseas. There is a capped amount per injury and a limited time period coverage. Chronic / Pre-existing / Overuse injuries and medical conditions are NOT covered.

### Notice Period of Claim

- i. Insured Person must immediately seek treatment from SSMC@SSI within 14 days from the incurrence of the injury.
  
- ii. Insured Person is to submit to SSMC@SSI, an insurance claim within 14 days of being referred by the SSMC@SSI to an external Clinic / Hospital, or being treated by an external Clinic / Hospital in the event of an emergency, or upon his / her return to Singapore whilst overseas.
  
- iii. All emergency accidents that occur locally or overseas are to be treated immediately at the nearest medical clinic or hospital. The medical report by the attending doctor is required for submission with claims. All non-emergency accidents are to be treated within 14 days from its occurrence at SSMC@SSI and within 3 days upon return if the overseas trip is more than 14 days. An injury not treated within the specified timeframe will be deemed as late notification and the insurance claim Inadmissible.
  
- iv. Treatment sought outside SSMC@SSI without referral from the doctors, are not claimable under the spex Medic policy, unless otherwise stated.

Please contact SSMC@SSI at 65005450 for any further enquiry on spex Medic.

## **NS (National Services) Privileges**

Emplacement on the Sportsmen Scheme allows Full-Time National Servicemen (NSF) athletes to apply for FPUL (Full Pay Unrecorded Leave) or TO (Time Off) to train for the Major Games and other international competitions.

Athletes must:

- i. Have completed Basic Military Training (BMT) and their vocation course;
- ii. Be medically fit and not on medical exemption.

NSAs will apply for emplacement of their athletes every quarter. Apply to SSI at least 2 months before the start of the emplacement quarter. Application will be considered together with MINDEF's and MHA's guidelines.

## **SSSM (Sport Science and Sport Medicine)**

Sport Science commits to help athletes optimise their performance through direct application of leading-edge science (across various disciplines such as physiology, biomechanics, nutrition, psychology and strength & conditioning), performance testing and monitoring, applied research and education.

Sport Medicine focuses on the diagnosis and treatment of injuries associated with athletic training and participation. The goal is to provide quality care and to return the athletes to their desired activities as soon as possible. Sport Medicine also desires to work with athletes on a long-term basis to achieve injury prevention and enhance performance through improved movement pattern and neuro-/kinetic-chain control.