

BU VO SURGUT STATE UNIVERSITY

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REGULATION
of occupational safety during judo training sessions
(for students)

IOT- 220-2019

Surgut

REGULATION **of occupational safety during judo training sessions**

IOT- 220-2019

1. General safety requirements

1.1. Permission to attend training sessions in judo training is granted to students under the following conditions:

- students have undergone medical examination and are medically fit;
- students have come to the lesson at the set time in sports uniform designed for training sessions in judo training;
- students have received occupational safety and health briefing and signed their names in the briefing log.

1.2. Students must follow lecturer's orders without discussion, prevent actions that may cause class interruption and injury-risk situation.

1.3. During training sessions in judo training, the following hazardous factors are possible:

- injuries due to inappropriate sports uniforms, sports equipment;
- injuries due to the use of prohibited techniques, improper selection of sparring partners (significantly different in weight category, sports skills);
- injuries from falls and collisions;
- performing exercises without warming up.

1.4. In case of illness, severe fatigue or unwellness, it is necessary to warn the lecturer before the start of the training session and visit the first-aid post.

1.5. In case of an accident, the victim or eyewitness of the accident is obliged to inform the lecturer immediately, the latter reports to the University administration.

1.6. Compliance with the requirements of this regulation is mandatory. In case of detection of hazard threatening the life or health of any of those present, the lecturer must be informed immediately.

1.7. Students who violate or fail to comply with the regulations of occupational safety and health are held liable and must undergo an off-schedule briefing on occupational safety and health.

2. Pre-training session safety requirements

2.1. Students should put on sport wear and sport shoes with slip resistant sole (bare-foot judo classes are possible)

2.2. Students should take off all pieces of jewelry (earrings, bracelets, rings and etc.), watch, pins, metal hairpins which may cause injuries.

2.3. Female students should braid or tie their hair in a ponytail, use a soft hair binder.

2.3. Warming up should be done thoroughly and under the supervision of the lecturer.

3. Training session safety requirements

3.1. Students should start performing exercises only at the command (signal) of the lecturer.

3.2. Students should not start the main part of the lesson without a preliminary warm-up.

3.3. When performing the exercises in a stream (one after the other), students should maintain sufficient intervals to prevent collisions.

3.4. When performing the exercises, students must follow lecturer's instructions (signals) strictly.

3.5. When making judo throw, it is necessary to observe the technique of falling with ukemi in order to avoid injury.

3.6. During duel-meet, do not exceed the permitted contact established by the lecturer.

4. Emergency safety requirements

4.1. In case of ill-being, a student must discontinue training and inform the lecturer.

4.2. In case of malfunction of sports equipment, a student must discontinue training and inform the lecturer. The training session shall be resumed only after malfunction rectification or replacement of the equipment.

4.3. Having suffered an injury, students must inform the lecturer immediately.

4.4. In case of fire in the sports hall students must evacuate, under the guidance of the lecturer, from the sports hall through all available evacuation exits immediately.

5. Safety requirements at the end of training session

5.1. Sports equipment should be put away. Students must inform the lecturer, if any break-down of the equipment has been detected.

5.2. Students should take off sport wear and shoes, take shower and wash their face and hands with soap.

5.3. Students should change into dry clothing.

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