

BU VO SURGUT STATE UNIVERSITY

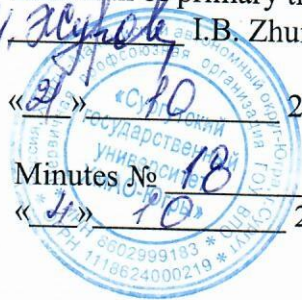
AGREED BY:

Chairman of primary trade union

I.B. Zhuravel
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«*21*» «*10*» 2021

Minutes № *18*
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APPROVED BY:

Rector of SurSU

S.M. Kosenok
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«*04*» «*10*» 2021



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

IOT- 080-2018

Surgut

REGULATION
of occupational safety during athletics training sessions

IOT- 080 -2018

1. General safety requirements

1.1. Permission to attend training sessions in athletics 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 athletics;
- 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 athletics, the following hazardous factors are possible:

- injuries caused by falling on slippery ground or hard surfaces;
- injuries caused by exercising 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 low height and slip resistant sole.

2.2. Female students should braid or tie their hair in a ponytail.

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

3. Training session safety requirements

3.1. In the mass start for short distances students must run only along their own track.

3.2. To avoid collisions students must exclude sudden abrupt stops.

3.3. Students must refrain from performing jumping exercises on uneven, loose or slippery ground.

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

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

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

3.7. When falling, it is necessary to draw the knees up to the chest in order to avoid injury.

3.8. If there is a need in absence during training sessions for any reason, students must warn 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.

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

Formulated by:
Head of Department of Physical Education



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Agreed by:
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