


AGREED BY:

Chairman of primary trade union

  
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«19» 10 2023  
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APPROVED BY:

Rector of SurSU

  
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« 01 » 11 2023

REGULATION  
of occupational safety during recreational aerobics training sessions  
(for students)  
IOT-078-2023

Surgut

**REGULATION**  
**of occupational safety during recreational aerobics training sessions**  
**IOT-078-2023**

**1. General safety requirements**

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

- who have passed a medical examination and do not have medical contraindications;
- those who came to the class at the set time in a sports uniform designed for recreational aerobics classes;
- 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 cause class interruption and injury-risk situation.

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

- injuries in collisions during the performance of dance movements;
- injuries caused by improper use of sports equipment:
  - dumb-bells should have tight-fitting clamps, and the weight should correspond to the power capabilities;
  - the step must be stable with a clean, flat surface and rounded edges;
  - the fitball must be elastic with a tightly closed inflating hole (slight lowering is allowed);
  - the skipping rope must correspond to the growth data of the student and not have knots and gusts.

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.

1.6. Compliance with the requirements of this manual 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 the instructions of occupational safety and health are held liable and shall 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. Students should take off all pieces of jewelry (earrings, bracelets, rings and etc.), watch, pins which may cause injuries.

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

2.4. 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. When exercising on a stepper:

- when stepping on a stepper, students should make sure that the whole sole is placed on the stepper;
- students should make sure that their knee is always over the ankle and prevent the knee bend projection on toe.

3.3. When performing exercises with weight:

- weight must be well fixated in hand and safe for people around.

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

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

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

### 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.

FORMULATED BY:  Head of Department of Physical Education  
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