
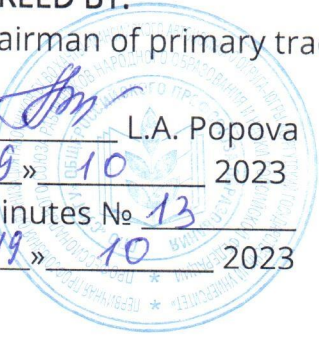


AGREED BY:

Chairman of primary trade union




L.A. Popova
«19» 10 2023
Minutes № 13
«19» 10 2023

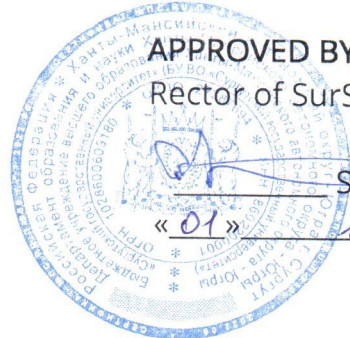


APPROVED BY:

Rector of SurSU



S.M. Kosenok
«01» 11 2023



REGULATION
of occupational safety in speed skating training sessions
(for students)
IOT- 106-2023

Surgut

REGULATION
of occupational safety in speed skating training sessions
IOT- 106-2023

1. General safety requirements

1.1. Permission to attend training sessions in speed skating 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 speed skating and weather conditions;
- 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 cause class interruption and injury-risk situation.

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

- frigorism and cold injury during trainings when the wind is more than 1,5 – 2 mi/hr and the temperature is below - 20°C;
- injuries caused by unsafe binding of ice skates;
- footsore caused by ice skates mismatch;
- injuries caused by falling on ice.

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. Before the training sessions, choose skates according to the size of the foot. Socks should be dry.

2.2. At temperatures below 10 ° C or strong wind:

2.2.1. wear light, warm, non-restrictive clothing, wool socks, gloves or mittens;

2.2.2. smear oil rich cream over the uncovered parts of the face.

2.3. Check the intactness of the equipment, sharpening skates, if a malfunction of the equipment is detected, ask for help from a lecturer.

3. Training session safety requirements

3.1. Observe discipline, strictly comply with all the requirements and instructions of the lecturer.

3.2. It is prohibited to perform exercises without the permission of the lecturer, including types of exercises that do not require spotting.

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

3.4. Periodically monitor yourself and your friends and, if signs of cold injury appear, immediately inform the lecturer.

3.5. At the first signs of footsore, unlace your shoes and stop the lesson, having received the lecturer's permission,

3.6. When the breakage of skates appears and it is impossible to repair it at the place of the lesson, warn the lecturer.

3.7. If there is a need to be absent during classes for any reason, it is necessary to warn the lecturer.

4. Emergency safety requirements

4.1. If there is a malfunction of sports equipment, stop classes and inform the lecturer about it. Classes should be continued only after the malfunction has been corrected or the sports equipment has been replaced.

4.2. During the speed skating training sessions, the following injuries and diseases are possible:

- frigorism and freezing injury of the face, fingers and toes;
 - closed wounds, dislocations and fractures as a result of an unsuccessful fall on ice or collision with other skiers;
 - ruptures, sprains of joints (most often ankle and knee);
- In case of injury, inform the lecturer urgently.

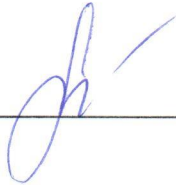
5. Safety requirements at the end of training session

5.1. Sport equipment should be put away, having previously checked its intactness, if a breakage of the equipment is detected, inform the lecturer or laboratory assistant.

5.2. Take off the tracksuit.

5.3. Take a shower or wash your face and hands thoroughly with soap.

5.4. Put on a change of dry clothes.

FORMULATED BY:  Head of Department of Physical Education
N.V. Peshkova

AGREED BY:  Director of occupational safety service
A.V. Chernopyatov