

BU VO SURGUT STATE UNIVERSITY

AGREED BY:

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« 2 » 2021

Minutes №

« 2 » 2021



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2021



REGULATION
of occupational safety in healthy walking training sessions
(including Nordic walking)
(for students)

IOT- 125-2018

Surgut

REGULATION
of occupational safety in healthy walking training sessions

IOT- 125-2018

1. General safety requirements

1.1. Permission to attend training sessions in healthy walking 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 healthy walking 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 healthy walking, 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;
- heat shock (hyperthermia) of the body during trainings at an air temperature above 28-30 ° C.;
- injuries and footsore resulting from mismatch of shoes;
- injuries caused by slippery and harsh surface movement;
- frigorism and hyperthermia;
- bruises, dislocations, fractures resulting from an unsuccessful fall, hitting an obstacle or collision with other students;
- injuries by falling on ski poles or hindrances;

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 appropriate to the weather and sport shoes with slip resistant sole.

2.2. Fasten the buttons, braid or tie their hair in a ponytail, if necessary (in accordance with weather conditions) put on a hat, scarf and gloves;

2.3. Check the reliability of sports equipment (Nordic walking sticks when using them), the absence of foreign objects on the sports track and places with recreational walking.

3. Training session safety requirements

3.1. Before practicing recreational walking (including Nordic walking), you should prepare the body, carefully warm-up.

3.2. During the performance of recreational walking, it is necessary to observe the hydrobalance of the body (it is advisable to have a bottle of water with you in classes in the spring and summer periods);

3.3. While walking on the sports track, keep a distance of 1,5 – 2 meters, students should not stop abruptly in order to avoid collisions with other occupants;

3.4. Periodically carry out self-control over their feelings and control over the students nearby, and when signs of fatigue appear, inform 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.

5. Safety requirements at the end of training session

5.1. Sports 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 and shoes. Take a shower or wash your face and hands thoroughly with soap.

5.4. Put on a change of dry clothes.

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