

BU VO SURGUT STATE UNIVERSITY

AGREED BY:

Chairman of primary trade union

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«*2*» *09* 2021

Minutes № *17*

«*2*» *09* 2021



APPROVED BY:

Rector of SurSU

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«*02*» *09* 2021



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

IOT- 075-2018

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of occupational safety during swimming training sessions
IOT- 075-2018

1. General safety requirements

1.1. Permission to attend training sessions in volleyball 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 (swimming trunks, swimsuit, swim cap, rubber or plastic slippers);
- 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. It is forbidden to perform any actions that are not included in the tasks

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

- injuries and drownings caused by jumping into the water headfirst on small depths;
- injuries caused by swimming right after consuming food or strenuous physical activity.

1.4. Entering water, exercising and ending of training session should be carried out only at the command of the lecturer.

1.5. Students who violate these requirements are removed from the pool and are reported to the university administration.

1.6. In case of detection of hazard threatening the life or health of any of those present, the lecturer must be informed immediately.

1.7. In case of an accident, the victim or eyewitness of the accident is obliged to inform the lecturer immediately, the latter must provide the injured with first aid and report to the University administration.

1.8. 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 entering the pool hall and putting on a swimsuit (swimtrunks), students should take hot shower with soap and a washcloth.

2.2. Students should put on swimsuit (swimtrunks) and swimming cap.

2.3. To prevent infection with pathogenic fungi in the pool area, students should use rubber or plastic slippers.

2.4. Students who had suffered from middle ear disease should put a ball of cotton wool smeared with petroleum jelly into the auricle before swimming.

2.5. Students shall not meal before training sessions. The interval between meals and swimming shall not be less than 45-50 minutes.

2.6. Students shall not swim right after strenuous physical activity (playing football, wrestling, running, etc.).

2.7. Students should warm up thoroughly by performing a few form building exercises under the supervision of the lecturer.

3. Training session safety requirements

3.1. While learning to swim:

- students should enter the water swiftly. They shouldn't stand still at swimming time;
- having felt a shivering attack, students should get out of the water quickly and inform the lecturer;
- students should not stay long underwater when diving.

3.2. Students should not jump into the water headfirst if:

- they have ear diseases, especially with damaged tympanal membrane;
- water depth is not sufficient;
- there are other swimmers nearby.

3.3. Having felt convulsions, students should keep calm, stay on the water and call for help.

3.4. During swimming sessions students are prohibited to:

- enter the water without the lecturer's permission;
- jump from a starting block or diving tower If there are other swimmers nearby;
- push anyone into the water from a starting block or diving tower;
- stay long underwater when diving;
- run around the pool deck;
- stand or sit on the dividing paths;
- drown each other;
- swim across the pool during training sessions.

4. Emergency safety requirements

4.1. Violation of the lecturer's instructions and requirements given in this regulation may lead to the following injuries and diseases:

- drowning;
- cutting in case if there are cracks, chips, etc. in the lining of the pool bath;
- cold-related diseases in case of low temperature of water or swimming while having malaise, shivering attack.

4.2. Having suffered an injury, the lecturer must be informed immediately.

5. Safety requirements at the end of training session

5.1. In case if severe fatigue or unwellness appeared after swimming, students should inform the lecturer immediately, consult a doctor if necessary.

5.2. At the end of the swimming sessions, students should take warm shower, dry with a towel, dry hair with a hairdryer if necessary.

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