

BU VO SURGUT STATE UNIVERSITY

AGREED BY:

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«» 2021



REGULATION
of occupational safety during body-building training sessions
(for students)

IOT- 084-2018

Surgut

REGULATION **of occupational safety during body-building training sessions**

IOT- 084 -2018

1. General safety requirements

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

- injuries caused by unaided exercising;
- injuries caused by performing exercises on defective gym machines.

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 a.

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.

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

3. Training session safety requirements

3.1. Students should not perform exercises with big weight without thorough warmup.

3.2. When exercising with barbell students must use special locks.

3.3. When exercising with big weight students must use weightlifting belt.

3.4. Performance of exercises in bench press and squats with heavy barbell must always be aided by groupmates or the lecturer.

- 3.5. When performing weightlifting exercises students must watch their breathing.
3.6. When performing the exercises, students must follow lecturer's instructions (signals) strictly.

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 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.

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