

BU VO SURGUT STATE UNIVERSITY

AGREED BY:

Chairman of primary trade union

I.B. Zhuravel
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« 2 » *09* 2021

Minutes № *17*

« 2 » *09* * 2021



APPROVED BY:

Rector of SurSU

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REGULATION
of occupational safety during ping-pong training sessions
(for students)

IOT- 079-2018

Surgut

REGULATION
of occupational safety during ping-pong training sessions

IOT- 079-2018

1. General safety requirements

1.1. Permission to attend training sessions in ping-pong 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 ping-pong 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 ping-pong, the following hazardous factors are possible:

- collision injuries;
- injuries caused by falls on wet, slippery floors.

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 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. 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. Strictly follow the rules of the ping-pong.

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

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

3.5. Avoid collisions with other players.

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.

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