

BU VO SURGUT STATE UNIVERSITY

AGREED BY:

Chairman of primary trade union

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APPROVED BY:

Rector of SurSU

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« 04 » 10 2021



REGULATION
of occupational safety during sporting competitions
(for students)

IOT- 128-2018

Surgut

REGULATION

of occupational safety during sporting competitions

1. General safety requirements

1.1. Permission to participate in sporting competitions is granted to those students who have undergone medical examination and received occupational safety and health briefing. The students of special medical group and adaptive physical training group are allowed to participate in competitions of limited range of sports: chess, bocce, darts, billiard.

1.2. The participants of sporting competitions must follow sporting code.

1.3. During sporting competitions, the following hazardous factors are possible:

- injuries caused by falling on slippery ground or hard surfaces;
- injuries suffered during long jumping;
- injuries caused by collisions and falling while running or playing a sport game, falling during contests;
- freeze burns suffered during skiing competitions;
- injuries and drownings suffered during swimming competitions;
- injuries caused by competing without warming up.

1.4. Participants can take part in sporting competition only if they have sport wear and sport shoes appropriate for the competition, season and weather.

1.5. During sporting competitions participants must follow the rules set for sport wear and sport shoes, personal hygiene rules.

1.6. In case of an accident, the victim or eyewitness of the accident is obliged to inform the Chief of Competition (arbiter, secretary) immediately, the latter reports to the University administration.

1.7. 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 Chief of Competition must be informed immediately.

1.8. 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.

2. Pre-competition safety requirements

2.1. Students should put on sport wear and sport shoes appropriate for the competition, season and weather.

2.2. Students should warm up thoroughly.

2.3. Students should take off all pieces of jewelry (earrings, bracelets, rings and etc.), watch, pins which may cause injuries.

3. Competition safety requirements

3.1. Students should start and end competing only at the command (signal) of the arbiter.

3.2. Students should not violate the sporting code of the competition. Students must follow arbiter's instructions (signals) strictly.

3.3. Students should avoid collisions with other players, repulsions and hitting hands (arms) and legs.

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

3.5. Before jumping into the water, students should make sure that there are no other competitors nearby.

4. Emergency safety requirements

4.1. In case of malfunction of sports equipment, a student must discontinue competition and inform the arbiter.

4.2. In case of ill-being, a student must discontinue competition and inform the arbiter.

4.3. Having suffered an injury, the arbiter must be informed immediately.

5. Safety requirements at the end of competitions

5.1. Sports equipment should be put away, if needed.

5.2. Students should take off sport wear and shoes, take shower and wash their face and hands with soap.

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