

BU VO SURGUT STATE UNIVERSITY

AGREED BY:

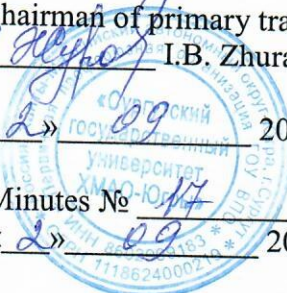
Chairman of primary trade union

I.B. Zhuravel
I.B. Zhuravel

« *2* » *09* 2021

Minutes № *17*

« *2* » *09* 2021



APPROVED BY:

Rector of SurSU

S.M. Kosenok
S.M. Kosenok

« *02* » *09* 2021



REGULATION
of occupational safety in ski training sessions
(for students)

IOT- 076-2018

Surgut

REGULATION

of occupational safety in ski training sessions

IOT- 076-2018

1. General safety requirements

1.1. Permission to attend training sessions in ski 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 ski 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 ski, 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;
- injuries caused by unsafe binding of ski to shoes;
- footsore caused by ski shoes mismatch;
- injuries caused by falling during descending from the mountain or ski jumping.

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. Before the training sessions, choose shoes according to the size of the foot. To avoid scuffs, do not ski in tight or loose shoes. Socks should be dry.

2.2. At temperatures below 10 ° C or strong wind:

2.2.1. wear light, warm, non-restrictive clothing, wool socks, gloves or mittens;

2.2.2. smear oil rich cream over the uncovered parts of the face.

2.3. Check the intactness of the ski equipment, the fastening security of the ski mounts to the boots.

2.4. Check the degree of ski sliding. In case of insufficient sliding, treat the surface of the skis with a special tool.

3. Training session safety requirements

3.1. While skiing:

- keep a distance of 3 – 4 m, when descending from the mountain - at least 30 m;
- when descending, do not put ski poles forward;
- after the descent, do not stop at the foot of the mountain to avoid collisions with other skiers;
- in areas with insufficiently deep snow with the icy and broken places, stumps, snags, be especially careful and cautious;
- do not jump from the ski jump.

3.2. Periodically monitor yourself and your friends and, if signs of cold injury appear, immediately inform the lecturer.

3.3. At the first signs of footsore, loosen the ski bindings, unlace the shoes and stop the lesson, having received the lecturer's permission.

3.4. In case of breakage and damage of ski equipment and inability to repair it on the way, warn the lecturer.

3.6. If there is a need to be absent during classes for any reason, it is necessary to warn the lecturer.

4. Emergency safety requirements

4.1. During the ski training sessions, the following injuries and diseases are possible:

- rigorism and freezing injury of the face, fingers and toes;
- closed wounds, dislocations and fractures as a result of an unsuccessful fall, impact on an obstacle (tree, stump, fence, pole, etc.) or collision with other skiers;
- ruptures, sprains of joints (most often ankle and knee);
- injuries when falling on ski poles, broken skis or trees;
- colds.

4.2. In case of injury, inform the lecturer urgently.

4.3. If the ski equipment is broken or damaged and it is impossible to repair it on the way, inform the lecturer about it and return to the ski base of the University.

5. Safety requirements at the end of training session

5.1. Ski 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.

5.3. Take a shower or wash your face and hands thoroughly with soap.

5.4. Put on a change of dry clothes.

Formulated by:
Head of Department of Physical Education



N.V. Peshkova

Agreed by:
Director of occupational safety service



L.M. Bezuevskij

Author of the translation



F.Z. Kafarova