

# **INSTRUCTION**

on safety for students of VolgSMU  
at the classes of the discipline "Physical Culture and Sports"

## **1. General provisions**

- 1.1. The students who have been instructed on labor protection, medical examination and have no health contraindications are admitted to the classes.
- 1.2. When conducting classes, students must comply with the rules of admission, rules of behavior, the procedure for performing exercises, the rules of personal hygiene, the schedule of training sessions, the established regimes of classes and rest.
- 1.3. When conducting classes in the gymnasium, students must observe the rules of fire safety, know the location of primary fire extinguishing equipment.
- 1.4. In case of an accident, the victim or eyewitness of the accident must immediately notify the teacher, who will inform the administration of the institution.
- 1.5. In case of temporary exemption from practical classes it is necessary to certify the certificate received at the place of residence in the health center. Give the certificate to the responsible teacher.
- 1.6. It is forbidden to smoke and use chewing gum on the territory of the Department of Physical Culture and Health, not to bring poisonous and explosive substances.
- 1.7. The students, who allowed non-fulfillment or violation of the instruction on labor protection, are held to responsibility.

## **2. Safety requirements before the beginning of the class**

- 2.1. Before starting class in the locker room, students must change into clean, changeable sports uniforms and shoes, according to the place of class and weather conditions. For classes in the gym to have sports shoes that do not stain the surface, without spikes.
- 2.2. Students are not allowed to enter the gym without the permission and accompaniment of the teacher. It is forbidden for students to leave the place of class without the permission of the teacher.
- 2.3. In the swimming pool, students must enter and exit the water at the command of the teacher and follow the rules of behavior in the water.

## **3. Safety requirements during the lesson**

- 3.1. Students should start the lesson with a line-up, greeting and warm-up exercise.
- 3.2. Do not perform exercises without a teacher.
- 3.3. When performing exercises in a stream (one after another), keep sufficient intervals so that there are no collisions.
- 3.4. Do not perform exercises on faulty equipment, do not perform exercises without insurance.
- 3.5. In case of fatigue or poor health, the student must stop the class and after notifying the teacher, contact the medical center.
- 3.6. The student is obliged to perform only program exercises, according to the structure of the class.
- 3.7. Sports equipment must be taken and used with the permission of the teacher, according to the structure of the class program.

#### **4. Safety requirements at the end of the class**

- 4.1. Put the sports equipment away in the designated storage area.
- 4.2. The student is obliged to finish the lesson with a line-up, summarizing, farewell and leave the place in an organized formation.
- 4.3. In the locker room, take off the sports suit and sports shoes.
- 4.4. Take a shower or wash face and hands thoroughly with soap and water. Turn off the shower facilities after bathing.

#### **5. Safety requirements in emergency situations**

- 5.1. In case of emergencies it is necessary to follow the instructions of the teacher and leave the gym or the sports ground.
- 5.2. In case of fire in the gym, immediately stop the class, evacuate from the gym and classrooms, report the fire to the administration of the institution and the nearest fire station. Proceed to extinguish the fire with the help of primary fire extinguishing means.
- 5.3. In case of injury, immediately provide first aid to the injured person, notify the administration of the institution, call an ambulance if necessary.