

## **OCCUPATIONAL HEALTH & SAFETY (OHS) INSTRUCTIONS FOR GYMS AND INDOOR SPORT FACILITIES ON THE PREMISES OF THE UNIVERSITY OF ECONOMICS AND HUMAN SCIENCES IN WARSAW**

### **Legal basis:**

Legal basis: s.7(4) of the Regulation of the Minister of Science and Higher Education of 30 October 2018 on the provision of safe and healthy working and teaching conditions on the premises of higher-education institutions (Dz.U. [Journal of Laws] of 2018, item 2090).

### **GENERAL PROVISIONS**

#### **1. Health requirements**

All students that use gyms or other indoor sport facilities must have valid medical certificate as evidence of their fitness to exercise. In particular, this applies to persons with health issues.

#### **2. Working conditions**

Healthy working conditions in a gym or indoor sport facility are provided if

- the lighting in the place is appropriate for the nature of the sporting activity and ensures that the entire area of the place is well visible;
- natural or mechanical ventilation is provided and ensures effective air exchanges,
- the relative humidity of the air in the place is not be lower than 40%,
- the air temperature in the place is not lower than +16°C, which is important during the autumn and winter season,
- the floor in the place is good technical condition and free from damage, and if the sport equipment is free from defects.

### **BASIC STEPS TEACHERS MUST TAKE BEFORE THEY START WORK**

The teacher and all students must

- be familiar with
  - the work area, the equipment in the gym, including the location of the first aid kit,
  - the condition of hygiene and sanitation facilities and their availability;
- check the technical condition of:
  - sports equipment (ladders, exercise mats, balls, nets, goals, etc.),

- the floor to ensure that it is free from dirt, damage or slippery spots;
- be familiar with:
  - the fire safety instructions and the rules for use of alarm and fire extinguishing equipment,
  - The escape routes and emergency phone numbers.

## **STEPS TO BE TAKEN WHILE USING THE GYM OR OTHER INDOOR SPORT FACILITY**

Each student must

- follow the instructions given by the teacher and use any sport equipment for the purposes for which it is intended,
- keep the work area clean and tidy (around the exercise mats, equipment and benches),
- pay attention to the condition of their sports footwear: this should be clean, dry and suitable for the surface on which it is used,
- not run and/or exercise on a slippery and/or damaged surface,
- report all damage to sport equipment and immediately inform the teacher of any accident or threat,
- not obstruct the escape routes or emergency exits and must leave unobstructed access to exits,
- report any accident or injury to the teacher immediately and leave the scene of the accident, including the place where the injury happened, intact until the arrival of response personnel.

## **WHAT STUDENTS AND TEACHERS MUST NOT DO**

Students and teachers must not:

- use any damaged or defective sport equipment (such as balls, goals, nets, exercise mats, gym ladders),
- use temporary solutions to reach for items placed at a height (such as climbing onto benches, ladders or windowsills).
- keep any chemicals and/or flammable materials in a gym or other indoor sport facility,
- wear unsuitable footwear on any training or workout surface (such as casual footwear instead of sports footwear,
- smoke or drink alcohol in any or close to a gym or other indoor sport facility.

## **ADDITIONAL RULES SPECIFIC TO GYMS AND OTHER INDOOR SPORT FACILITIES**

- **Safety when exercising.** Before you start exercising, make sure that the sports equipment in the gym or other facility is fixed securely and safe to use. In particular, check the football goals, volleyball net and basketball baskets.
- **Personal protection.** If necessary, wear personal protection equipment, such as helmets, knee pads, elbow pads or gloves.
- **Responsibility for sports equipment.** All students must look after the sports equipment and report all damage and/or threats, such as loose, broken or damage parts or items.
- **Warm-up exercises.** Before you start any intensive exercise, do warm-up exercises to reduce the risk of injuries.
- **Cleaning after use of the gym.** When you finish your use of a gym or other indoor sport facility, you must leave the place clean and tidy. This includes checking that the sports equipment is placed in designated areas.