

**APPROVED BY**

*Ais Kor LLP General Director*

*Umbetov Yerlan*

## **SAFETY INSTRUCTION** **during figure skating trainings**

### **1. General safety requirements**

- 1.1. Only trainees who are not younger than 4 years of age, have underwent safety instruction and have no health contraindications are allowed to take part in figure skating training. Before training the skating rink employee measures a temperature of the trainees.
- 1.2. During figure skating trainings the following hazards can occur:
  - injuries from insecure binding of skates to shoes
  - chafe due to ice skates in case of wrong size
  - injuries from fall on the ice
  - injuries as a result of exercises all cold
  - injuries when the trainees clashing and hazarding each other
- 1.3. During trainings General conduct rules on ice and training schedule must be respected
- 1.4. It is prohibited to go out on the ice without self-employed entrepreneur rendering the services on the Mega Ice skating rink.
- 1.5. Trainees failed to comply with this safety instruction will be suspended from trainings until undergoing repeat instruction.

### **2. Safety requirements before start of training**

- 2.1. Put on the suitable and moveable clothes.
- 2.2. Check skate-sharpening, if necessary sharp your skates before start of the training. Check if your skates are in good order; the boots should be shaped to feet.
- 2.3. Take all dangerous items off (watches, beads, rings, long earrings, phones).

### **3. Safety requirements during training**

- 3.1. Follow the discipline, strictly comply with all the requirements and instructions of the self-employed entrepreneur rendering services to the Mega Ice skating rink. Without his/her permission, it is forbidden to leave the ice field, perform exercises, including exercises that do not require insurance.
- 3.2. Warm up.
- 3.3. If you fall, you must tuck yourself up to avoid injury.
- 3.4. Do not chew or eat food during the training.
- 3.5. Respect the distance of 3-4 meters while skating on the rink. It is prohibited to stop dead while skating on the rink and repose getting in the way of another trainees.
- 3.6. Do not go out on the ice in tight or unnecessarily loose ice skates.

#### 4. Safety requirements in case of emergency

***Trainee should:***

- 4.1. In case of injury or feeling unwell immediately notify the self-employed entrepreneur rendering services to the Mega Ice skating rink and stop training.
  - 4.2. In case of any accidents and injuries immediately inform any self-employed entrepreneur rendering services to the Mega Ice skating rink or the nearest employee of the rink about it.
  - 4.3. If outsiders behave suspiciously or aggressively immediately inform any self-employed entrepreneur rendering services to the Mega Ice skating rink or the nearest employee of the rink.
  - 4.4. In case of emergency, when an alarm occurs, trainees leave the skating rink and the AVIAPARK shopping and entertainment center together with the self-employed entrepreneur rendering services to the Mega Ice skating rink in accordance with the evacuation plan.
  - 4.5. In case of fire, electrical short, clogged sewage system or suspicion of them, immediately inform any self-employed entrepreneur rendering services to the Mega Ice skating rink or the nearest employee of the rink.
- In case of fire, call the number - 01, from mobile phone - 112, call the police - 02, call an ambulance - 03. The phone is located in the cashier's office.

#### 5. Safety requirements after training

- 5.1. Check all trainees against the list and get them out of the skating rink.
- 5.2. Thoroughly wash face and hands with a soap or clean with a disinfectant.
- 5.3. Check if the sports apparel, sports gear and equipment are in good order, zip the ice skates in bag.

The Instruction compiler: Senior administrator  Umbetova M.