

MEGA ICE

БОЛЬШЕ, ЧЕМ ЛЁД

СЕТЬ ЛЕДОВЫХ КАТКОВ,
СТРОИТЕЛЬСТВО И СЕРВИСНОЕ ОБСЛУЖИВАНИЕ
SKATING RINKS CORPORATE, CONSTRUCTION & SERVICE

ООО «АйсКор»

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SAFETY INSTRUCTION during hockey trainings

1. General safety requirements

1.1. Only trainees underwent safety instruction and having no health contraindications are allowed to take part in hockey training. Before training the skating rink employee measures a temperature of the trainees.

1.2. During hockey trainings the following hazards can occur:

- injuries as a result of body-check
- hypothermia
- chafe due to ice skates
- injuries from fall on the ice
- injuries as a result of exercises all cold
- injuries from puck hit, stick hit, ice skates at unprotected places

1.3. During hockey 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. Carefully check personal sport equipment (ice skates, protective equipment).

2.2. Check skate-sharpening before start of training.

2.3. Put on the hockey apparel (helmet, mask, shoulder pads, elbow pads, leg pads, athletic cup, hockey pants, gloves, ice skates)

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. Strictly respect the rules of the game when body-checking.

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. Take off your hockey apparel.
- 5.2. Thoroughly wash face and hands with soap or clean with a disinfectant.
- 5.3. Check if the hockey apparel, sports gear and equipment are in good order, zip the ice skates in bag.

The Instruction compiler: Senior administrator  Umbetova M.