

Annex No. 1 to the Dean's measure No. 20/2023 to ensure the training of students for teaching in the field and teaching physical education

## LEARNING

on the obligations of students in terms of compliance with the rules of occupational safety, health protection, fire protection and prevention of damage during teaching or work in the field and during the teaching of physical education (e.g. excursions, exercises, field work, physical education courses, sports events and other educational activities) ( hereinafter referred to as "teaching").

General conditions:

1. During personal leave, students are solely responsible for compliance of their behavior with legal and safety regulations. The teacher is responsible for the student only during the lesson. The scope of personal leave is clearly defined by the duration of the lesson, during the period of personal leave each participant bears personal responsibility for damage caused to property and health.
2. A student who participates in classes must be fully aware of the state of his physical and mental health. This status must enable the student to complete the course in full without restrictions and without the risk of endangering the student himself or endangering other persons participating in the course. Only students in good health, with adequate equipment and suitable equipment for the field, which cannot itself become the immediate cause of any injury or illness, can participate in the lessons. They are required to use the recommended exercise clothes, shoes and protective equipment for specific exercise activities. It is forbidden to wear rings, chains, necklaces, watches, etc. during this activity.
3. It is the student's duty to report any serious personal circumstances (reduced work ability, health restrictions, etc.) in advance to the person responsible for teaching (head of teaching or his representative) and to document them with a medical certificate or other document. Every student with a health limitation should carefully consider their participation in classes in advance, preferably apply for inclusion in health physical education.
4. Any changes in health status and work capacity that occur during the course or during the TV course must be reported immediately to the person responsible for the course.
5. A student who is a participant in medical TV acknowledges that he will only be allowed to continue teaching general TVI, specialized TVI or TV courses after submitting a statement from a specialist sports doctor, which will show that the student is eligible to attend general TVI lessons , specialized TVII and TV courses.
6. Every student is obliged to behave in such a way that he does not endanger his health or that of other persons and does not cause damage to health or property.
7. The student is obliged to report to the person responsible for teaching immediately any defect that he notices in the gymnasium or other educational facility and its equipment, which could threaten the safety of students, cause a fire or cause damage.

8. Students may start and stop activities or set gym equipment or other equipment in motion only on the instruction of the person responsible for teaching and are obliged to make sure in advance that their actions cannot endanger the health or life of other people.

9. The student may not manipulate, turn on, turn off, or otherwise operate any machines, devices and equipment that were not assigned to him as part of the course and whose operation he was not familiar with.

During field training and TV training, it is the student's duty to:

10. Comply with applicable generally binding legal regulations, especially on occupational safety and road traffic, internal regulations of Charles University and the Faculty of Science, and use prescribed personal protective equipment.

11. Following the provisions of generally binding legal regulations, act in such a way that there is no damage to health, property, nature and the environment.

12. Comply with all instructions of the course leader, course leader, instructor, transport leader, police or persons charged with protective supervision.

13. Comply with the regulations and regulations applicable to the premises of the training center, dormitory, canteen, physical education facilities, public areas, etc.

14. If possible, go into the field only accompanied by another adult person or persons.

15. Obey all prohibitions and regulations given by warning and command boards.

16. Take extra care when working in dangerous terrain, in quarries, in water sources, rock outcrops, etc.

17. To be cautious in the presence of freely moving animals and to avoid direct clashes with them due to the risk of injury or infection with rabies. It is recommended to use preparations against ticks and insects.

18. During activities in direct sunlight, use means to protect the head and follow the drinking regime.

19. In the event of an injury to a lesson participant, provide him with first aid immediately, report the incident to the person responsible for the lesson and call the emergency services (155 or 112).

20. Basic information on first aid:

a. in case of arterial bleeding, apply a suitable tourniquet closer to the heart

b. in the event of an electric shock, the victim must be freed from the reach of the current

c. if there is no palpable pulse, it is necessary to start an indirect heart massage

d. if the victim is not breathing, perform mouth-to-mouth breathing.

21. Observe the ban on smoking in all facilities and teaching areas and always act in such a way that a fire does not occur. Do not light fires and do not smoke in forests and places with a risk of fire.

22. In the event of a fire, inform the person responsible for teaching and call the fire brigade (150, 112).

23. When teaching, when students are accommodated in other people's facilities, students are obliged to follow the accommodation and operating regulations of the accommodation facilities, in particular to comply with the regulations to ensure safety and health protection and fire protection regulations in force in these facilities.

24. Have a health insurance card or a copy of it available. When participating in classes abroad, have liability insurance and medical expenses insurance valid in the territory of the relevant state, in the case of staying in an EU member state, have a European health insurance card or a certificate replacing this card.

During field training and TV training, the following is prohibited:

25. Consuming alcoholic beverages and other addictive and narcotic substances. This ban also applies to the period preceding the lesson, if there is a risk that the student will start the lesson in a drunken state or under the influence of another addictive substance.

26. Climb steeper rock or quarry walls or overhangs, climb trees, enter buildings in danger of collapsing, etc. Descend without the supervision of persons responsible for teaching into abandoned tunnels or cavities in the rock massif.

27. Entering the water other than in direct connection with teaching and without the supervision of the person responsible for teaching.

Final Provisions:

28. The student may not leave the place of teaching and the premises of TV courses (even during personal leave) unless he has received the consent of the person responsible for teaching.

29. In the event that a student culpably violates the obligations pointed out in this instruction, the person responsible for the course and its course is entitled to exclude the student from the course without reimbursement of costs. The person responsible for teaching is then entitled not to recognize the student as having fulfilled the relevant study obligation and to give the dean of the faculty an initiative to initiate disciplinary proceedings.

30. The student is responsible for the damage he causes to the university, the faculty, or a third party. The University or the Faculty is only liable to the student for damage caused by the University or the Faculty's breach of legal obligations or an injury during study or practice in a study program carried out by the Faculty or in direct connection with them.

31. In the event that a student behaves during classes in violation of generally binding legal regulations, internal regulations of the university or the faculty, does not follow the instructions of

the person responsible for teaching and does not follow this instruction, the responsibility of the university or the faculty will not be given.

32. An integral part of this instruction are the safety rules for teaching in the pool, teaching canoeing, teaching climbing on artificial walls, teaching on winter and summer TV courses organized by the Faculty of Science of the Charles University, Department of Physical Education.