



COMPLIANCE WITH SAFETY REQUIREMENTS AND HYGIENE RULES IN PLACES WHERE PHYSICAL EDUCATION CLASSES ARE CONDUCTED

Axmedov Akrom Abralovich

Associate Professor of the Department of Sport Psychology,
Socio-Humanitarian and Natural Sciences

E-mail: a.axmedov@sportedu.uz

Abstract

This article discusses the issues of ensuring life safety during physical education classes in general education institutions, forming a healthy lifestyle among students during physical training sessions, organizing physical education lessons effectively and safely, protecting students' health, and developing hygienic and cultural habits in students. The article presents information and recommendations aimed at improving safety and hygiene conditions in physical education classes.

Keywords: Physical education, life safety, sports equipment and gear, sportswear, personal hygiene, sports halls, horizontal bar, gymnastic wall bars, balls, hoops, skipping ropes, outdoor sports grounds.

Introduction

At present, ensuring life safety during physical education classes in general education institutions and improving the professional competence of teachers in this field is of great importance. Physical education classes play a significant role in forming a healthy lifestyle among students, ensuring their physical development, and raising a healthy generation. At the same time, such lessons involve various physical activities, including active games, running, jumping, and exercises; therefore, strict compliance with safety measures is required. Every physical education teacher must fully understand safety standards during the lesson, teach them to students in practice, and regularly apply preventive measures to avoid injuries.

The Resolution of the President of the Republic of Uzbekistan dated April 10, 2019 (No. PQ-4276) also emphasizes the need to improve teachers' knowledge in



preventing and eliminating emergency situations and to regularly update their qualifications. This requirement is also relevant for physical education teachers, who must be able to create a safe environment during lessons, follow safety precautions when working with sports equipment, protect students' health, and act quickly in emergency situations.

During physical education classes, teachers must provide students with safety instructions, correctly teach exercise techniques, and apply an individual approach considering each student's physical fitness level. Dangerous movements, incorrect exercise techniques, or careless use of sports equipment may increase the risk of injury. Therefore, the teacher must organize the lesson properly, monitor each student's movements, and ensure compliance with safe distances.

These materials help organize physical education lessons effectively and safely, protect students' health, and develop hygienic and cultural habits.

MATERIALS AND METHODS

Places where physical education classes are conducted—such as sports halls, outdoor sports grounds, laboratories, and other facilities designed for physical training—must strictly comply with safety regulations.

Before the lesson begins, the teacher must carefully inspect the sports hall or training area. The condition of the floor, its evenness, non-slippery surface, and the absence of cracks or hazardous areas must be checked. All sports equipment and devices—such as horizontal bars, gymnastic wall bars, balls, hoops, and skipping ropes—must be in working condition and comply with state standards. Before use, the equipment must be inspected by the teacher, and faulty or dangerous equipment must not be used until it is repaired.

Before the start of the lesson, the teacher provides safety instructions to students. These instructions include correct performance of exercises, careful use of equipment, avoiding collisions with others, following movement directions in the sports hall, and immediately informing the teacher in case of injury. If a student feels unwell or experiences signs of fatigue during the lesson, they must immediately inform the teacher.

All electrical devices, heating systems, and ventilation systems must operate safely. If malfunctions in electrical equipment are detected, students must not



attempt to repair them independently but should immediately inform the teacher or responsible personnel.

For students with medical conditions, a special or reduced physical activity regime should be established. Information about each student's health condition must be available to the teacher. The level of physical load must correspond to the student's age, gender, and physical fitness level. Students may use sports equipment only with the teacher's permission. While using equipment, they must avoid damaging it or causing harm to others and must use it only for exercises, not for playing. Heavy equipment should be lifted or installed only with the teacher's assistance.

During physical education classes, students must pay attention to their sportswear and footwear. Clothing should be light, comfortable, and not restrict movement. Slippery or heavy shoes are not recommended.

Emergency procedures must also be explained at the beginning of each lesson. If a student gets injured, first aid must be provided using a medical kit, and if necessary, the student should be taken to the medical room. Evacuation routes in the sports hall must be clearly marked, and emergency exits must remain accessible.

After the lesson, all equipment must be returned to its designated place, the floor must be cleaned, and the room must be ventilated. This is important not only for hygiene but also for ensuring safety for the next training session.

Organizing physical education lessons safely is one of the main factors ensuring the effectiveness of the educational process. Teachers, students, and school administration share responsibility for observing safety rules. Compliance with hygiene rules during physical education and natural science classes ensures students' health, working capacity, and effective thinking. Hygiene requirements help maintain cleanliness, order, and discipline in the educational environment.

The sports hall must fully comply with sanitary and hygienic standards. The air temperature should be maintained between 18–22°C, depending on the season. The room must be ventilated before and after classes. Lighting must be sufficient and should not negatively affect students' eyesight. Natural lighting is preferable, while artificial lighting should be evenly distributed.

For physical education activities, lighting levels of 150–300 lux are generally sufficient, while 300–500 lux are recommended for games requiring fast movement and precise coordination.

Modern LED lighting systems are considered optimal because they are energy-efficient and durable. Lighting fixtures should also be protected with safety grids in areas where sports equipment may hit them.



The color temperature of lighting should be 4000–5000 K, and the CRI (Color Rendering Index) should be above 80 to ensure natural color perception and reduce eye strain.

Locker rooms in schools are an essential part of physical education classes. They provide students with a place to change into sportswear, return to their daily clothes after lessons, and follow personal hygiene practices.



In school locker rooms, students quickly and orderly change into their sports uniforms, place their belongings in designated lockers, and prepare for the lesson under the supervision of the teacher. For younger students, this process may take a little more time due to their age characteristics; therefore, the process of changing clothes should be organized in a structured and orderly manner. Older



students usually demonstrate a higher level of independence; therefore, they can use locker rooms more freely, organize their belongings, and enter classes on time. In both cases, the equipment, hygienic condition, and safety requirements of locker rooms must fully comply with established standards.

When equipping locker rooms, the safety and comfort of students should be the primary considerations. The rooms should be equipped with durable lockers made of metal or wood, hooks for hanging clothes, benches for sitting, non-slip floor coverings, closed waste bins, and clearly marked emergency exit signs. LED lighting fixtures are recommended because they are not only economical but also provide safe lighting that does not cause eye strain. The air inside the room should be regularly refreshed through natural or mechanical ventilation systems. From a hygiene perspective, it is very important that the floors and walls are covered with materials that are easy to clean and wash.

Compliance with hygiene rules is one of the main requirements in locker rooms. The rooms should be cleaned daily using wet cleaning methods, and at least once a week general disinfection should be carried out using chlorinated lime or other modern disinfectants. Especially during winter months, the ventilation system must function regularly in order to reduce humidity, sweat, and unpleasant odors from clothing. During the process of changing clothes, students must strictly follow discipline, place their clothes in designated places, avoid throwing them on the floor, and observe personal hygiene rules. It is not allowed to make excessive noise, push each other, run, or perform other dangerous actions while changing clothes.

Safety regulations in locker rooms are also of particular importance. Electrical wiring must be properly concealed, and wall sockets must be placed at a height that is inaccessible to children. Non-slip flooring helps reduce the risk of falls. Disinfectants such as chlorinated lime solutions, antiseptics, and other cleaning chemicals must be stored in a special place inaccessible to students. Teachers should supervise students' entry and exit from locker rooms, and safety requirements should be regularly reminded, especially to younger students. Keeping doors open before and after classes allows proper ventilation of the room.

Proper organization of locker rooms increases the effectiveness of physical education lessons. When students change into sportswear in an orderly manner, they become psychologically and physically prepared for the lesson. After the



lesson, appropriate locker room conditions help students recover quickly, protect them from catching a cold, and reduce post-exercise fatigue. Locker rooms also contribute to social education, as students learn discipline, hygiene, respectful behavior, and responsibility for their personal belongings.

As methodological recommendations, it is advisable to organize locker rooms according to students' age characteristics. In lower grades, it is appropriate to introduce a step-by-step dressing system with the assistance of a teacher or educator. To prevent confusion of students' clothes, lockers or hooks should be numbered or marked. To speed up the changing process, a two-group entry and exit system and the involvement of student monitors may be effective. In addition, visual posters and pictograms related to hygiene and safety should be installed in locker rooms to make these rules easier for students to understand.

Continuous maintenance of cleanliness, proper lighting, and ventilation helps keep the sanitary condition of locker rooms at a high level. Regular air exchange in the room, proper use of cleaning agents, and orderly arrangement of lockers create a comfortable environment for students. In conclusion, school locker rooms play an important role in ensuring the effective conduct of physical education classes, protecting students' health, and organizing the learning process efficiently. Therefore, general education institutions must fully comply with hygiene and safety requirements for locker rooms, equip them with modern facilities, and create comfortable conditions for students.

The cleanliness of the sports hall is of particular importance. The floor and sports equipment must always be kept clean, thoroughly cleaned after each day's lessons, and disinfected at least once a week.

Equipment, gear, and apparatus used in sports halls, training rooms, and physical education grounds are frequently used by many individuals. Therefore, various microbes, viruses, or fungi may spread through them. This situation poses a potential risk to the health of athletes and students. For this reason, regular cleaning and disinfection of sports equipment are considered an integral part of sanitary and hygienic requirements.

Disinfection is divided into three types: routine, periodic, and emergency disinfection. Routine disinfection is carried out after every lesson. Periodic disinfection is conducted once a week or once a month for all equipment, as well as for wall and floor surfaces. Emergency disinfection is applied in cases of infectious diseases or epidemiological situations.



Various agents are used during the disinfection process. Alcohol-based solutions (70–80%) are recommended for metal and plastic surfaces, chlorine solutions (0.05–0.5%) for floors and tiled surfaces, and ammonium- or oxygen-based disinfectants (such as AHD 2000, Desomed, Septabik, and others) for general and rapid disinfection. Ultraviolet irradiation devices can also be used for sterilizing air and surfaces. All disinfectants must be approved by the Ministry of Health.

a

b

c



Medical ethyl alcohol (70%) – 20 ml. b) Chlorinated lime (bleaching powder). c) Septabik (disinfectant solution)

The disinfection process is carried out as follows. First, the equipment is mechanically cleaned, meaning that dust, sweat, and other contaminants are removed. After that, the equipment is treated using a specially prepared disinfectant solution by wiping with a damp cloth or by spraying. The solution is left on the surface for 10–15 minutes, after which it is rinsed with clean water and dried. It is necessary to use separate cloths or wipes for each type of equipment. Gymnastic mats should be cleaned after every lesson using alcohol-based or oxygen-based disinfectant solutions. The parts of exercise machines that come into contact with hands and feet should be wiped after each athlete uses them. Balls (football, volleyball, tennis) should be cleaned with antibacterial wipes or alcohol solutions. Dumbbells and barbells must also be disinfected after each



training session. Sports clothing, in turn, should be washed daily with soap and antiseptic agents.

Personnel responsible for carrying out disinfection must use special protective equipment such as gloves, masks, and gowns. When preparing disinfectants, the standards specified in the instructions must be strictly followed. All completed disinfection procedures should be recorded in a special logbook indicating the date, the name of the disinfectant used, and the signature of the responsible person.

Special attention must be paid to safety measures. When preparing disinfectant solutions, the correct proportions for mixing with water must be calculated. After disinfection in closed rooms, ventilation for 20–30 minutes is required. Disinfection procedures should not be carried out in the presence of children or athletes.

Every general education school must maintain a disinfection logbook. The person responsible for sanitation and hygiene conducts weekly inspections, while once a month the overall sanitary condition is monitored by a special commission.

Students must wear sportswear that complies with hygiene requirements.

During physical education classes, students are required to wear the prescribed sportswear. Sports clothing facilitates students' physical activity, contributes to creating a healthy environment, and helps prevent injuries. Sportswear should always be clean and neat. Clothing that has been contaminated with sweat should not be worn again, as this may lead to skin diseases. After each lesson, sportswear must be washed and properly dried.

When selecting sportswear, attention should be paid to its type and fabric. Each sport has its own specific type of clothing. For example, athletics requires light and breathable clothing; gymnastics requires clothing that does not restrict movement; wrestling requires a special kimono; and swimming requires swimsuits or shorts. The fabric should effectively absorb sweat and allow proper air circulation.

Footwear must also correspond to the specific type of sport. Only footwear designed for sports activities should be worn during training. Sports shoes should be lightweight, comfortable, and safe. Their soles should not be too tight and must provide stability during movement. Sportswear should not include unnecessary accessories. Wearing jewelry, watches, or metal accessories is not allowed

because they increase the risk of injury. It is recommended to wear a T-shirt or undershirt that absorbs sweat under sports clothing.

After classes are completed, clothing should be changed immediately. Damp or sweat-soaked clothing should not be worn for long periods. Taking a shower, drying clothes, and storing them in a special bag are important hygiene practices. Clothing should not restrict movement and should not be excessively tight or loose. It must not contain dangerous metal parts or pockets. Sportswear should also appear neat and aesthetically appropriate.

Sportswear should be worn only in the gym or stadium. It should not be worn on the street or during other activities. Before each lesson, the teacher checks the condition of students' sportswear. Students who do not comply with hygiene requirements may not be allowed to participate in the lesson. Following the rules of sportswear contributes to creating a healthy environment, maintaining discipline, and organizing students' activities effectively.

In school physical education classes, wearing appropriate sports footwear is very important for safety, hygiene, and the proper performance of movements. For example, during gymnastics exercises, the load on the foot, heel, and toes increases; therefore, the use of lightweight and non-slip sports footwear is recommended. The following types are commonly used:

Gymnastic slippers (chex shoes) – the most widely used type of footwear; they are soft, lightweight, and fit tightly to the foot. Their soles are made of rubber or non-slip material, ensuring safe movement on gymnastics equipment.

Sports sneakers are special footwear designed to protect the foot during physical exercise and movement activities, facilitate movement, absorb shock, and maintain body stability. Sports sneakers used by school students should be selected according to their age-related physiology, growth rate, stage of musculoskeletal system development, and the type of physical activity performed.

Proper selection of sports sneakers for school students is important for ensuring their physical development, movement technique, health, and safety during sports activities. When choosing sports shoes, it is necessary to strictly follow hygienic, orthopedic, biomechanical, and pedagogical requirements. Properly selected sports footwear increases training effectiveness, helps prevent injuries, and strengthens students' interest in sports.

According to hygienic requirements, footwear should always be clean, dry, and appropriate for the student's size. Using another student's footwear or exchanging shoes is not allowed for hygienic reasons. After training sessions, shoes should be dried in a well-ventilated place.

The correct selection of footwear in physical education classes directly influences students' safety, the correct execution of movements, and their ability to achieve better results.

Students' personal hygiene rules also play an important role. Observing personal hygiene in physical education classes is essential for maintaining students' health, preventing various diseases, and ensuring an effective training environment.

Personal hygiene is a set of daily habits and rules aimed at protecting an individual's health. During physical education classes, students often experience sweating, contamination, and fatigue. Therefore, they must strictly follow hygiene requirements.

Before the lesson, students must wash their hands with soap. This removes



microbes, dust, and dirt from the hands and reduces the risk of disease transmission, especially before using sports equipment. Hands should be washed with warm or lukewarm water and then dried with a clean towel or paper napkin. It is also necessary to wash hands

after the lesson. Since many people touch the equipment, balls, and other tools in the gym, various microbes may accumulate on them. Therefore, after the lesson, each student should thoroughly wash their hands with soap and, if possible, take a shower.

CONCLUSIONS

Keeping sports shoes and sportswear clean in gymnasiums is an integral part of personal hygiene. Clothing that has been contaminated with sweat should not be worn again, as it may cause skin diseases and unpleasant odors. Each student

should wash their sportswear after training and store it in a dry and well-ventilated place.

Personal hygiene rules also include cleaning the face, hands, feet, and teeth. Students should wash their face and hands every morning and evening, brush their teeth, and take care of their hair and nails. After sweating, wiping the body or taking a shower helps maintain good health.

Drinking water during breaks between lessons should also follow hygienic rules. Each student should use their own personal container and should not drink from the same container as others. This helps prevent the spread of viruses or bacteria. Following personal hygiene rules is important not only for health but also for developing a sense of cleanliness, discipline, responsibility, and culture among students. A student who attends class in a clean and neat condition feels more comfortable, can move actively, and achieves greater effectiveness in the learning process.

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