

Regulatory and legal framework for training teachers of physical education and sports in first aid skills in emergency conditions

UDC 796.071.43.065.2



I.A. Bolotova¹

Dr. Med. **N.A. Zadorozhnaya¹**

PhD **N.V. Dubkova¹**

Dr. Med., Associate Professor **I.A. Merkushev¹**

PhD, Associate Professor **F.K. Makoeva¹**

¹Lesgaft National State University of Physical Education, Sport and Health, St. Petersburg

Corresponding author: profmed@lesgaft.spb.ru

Abstract

Objective of the study was to substantiate the need to organize training for teachers, trainers and instructors of physical culture and sports in the skills of providing first aid in emergency conditions, taking into account the assessment of the modern regulatory framework.

Methods and structure of the study. The analysis of the legislative and regulatory framework in the field of first aid in emergency conditions, as well as literary sources on a given topic, was carried out.

Results and conclusions. Consideration of the analysis of the legal framework in the field of first aid in emergency conditions led to the conclusion that the legal documents that form it can form an optimal basis for the development of program and methodological documentation in this area of training for the teaching staff and students of a sports university. The acquired knowledge, skills and abilities to provide first aid in emergency conditions provide an opportunity for specialists working in the field of physical culture and sports to improve their work functions and competencies in their professional career.

Keywords: *physical culture and sports work, first aid, emergency conditions, legal and regulatory framework, sports injury, labor functions.*

Introduction. In the process of preparing bachelors in the direction 49.03.01 “Physical culture”, one of the formed competencies is GPC 7. The discipline “Fundamentals of Medical Knowledge” is one of the most important and significant basic disciplines for specialists in the field of physical culture and sports [1]. Knowledge, skills and abilities to provide first aid in emergency conditions are included in the list of job functions and professional competencies of teachers, instructors and trainers. It is on their level of preparedness, competence and professional skills in first aid that the health, and sometimes the life of the victim, largely depends [10].

Russian statistics show that 70% of victims in various situations need first aid, and only 2% receive it. Based on the data of a sociological survey, it was determined that the majority of citizens do not consider the provision of first aid to be their task and the most significant reasons for not providing it are the lack of

knowledge and practical skills, fear of harming the victim, fear of legal liability, lack of necessary funds for first aid [2].

According to clinical studies, the incidence of sudden death in physical education classes in the Russian Federation is twice as high as in other developed countries and is 1.4 cases per 100,000 students, or up to 200 cases per year. In addition, in recent years, cases of injuries have become more frequent, in particular during physical education and sports, and according to various sources, they account for 2-5% of the total injuries, turning into one of the serious problems of modern realities [9].

Objective of the study was to substantiate the need to organize training for teachers, trainers and instructors of physical culture and sports in the skills of providing first aid in emergency conditions, taking into account the assessment of the modern regulatory framework.



Methods and structure of the study. The analysis of the legislative and regulatory framework in the field of first aid in emergency conditions, as well as literary sources on a given topic, was carried out.

Results of the study and their discussion. To date, there are several existing regulatory documents that can form the basis of the legal framework in organizing the training of teachers, trainers and instructors of physical culture in first aid skills in emergency conditions.

One of the main legal documents is **Decree No. 204 “On the national goals and strategic objectives of the development of the Russian Federation for the period up to 2024”** dated May 7, 2018. The document defines the main tasks of the country’s development, among which the goal is defined for the physical culture and sports industry: “Increasing the proportion of citizens leading a healthy lifestyle, as well as increasing the proportion of citizens systematically engaged in physical culture and sports to 55 percent” and the task to achieve it : “creating conditions for all categories and groups of the population to engage in physical culture and sports, mass sports, including increasing the level of provision of the population with sports facilities, as well as preparing a sports reserve” within the framework of the national program in the field of demographic policy.

Statistics from the Unified Interdepartmental Information and Statistical System (UIISS) show that the percentage of people who go in for sports in Russia in October 2022 is 51.0%. In October 2021, the number of people who go in for sports was 46.4%, and according to the results of 2021 - 49.4%. So, for 12 months, the value increased by 4.6%. At the end of 2020, the number of athletes was even less - 45.4% [3].

The document defining the concept of first aid is Federal Law 323-FZ of November 21, 2011 “On the basics of protecting the health of citizens in the Russian Federation”. Article 31 applies the term “first aid”. On June 22, 2022, amendments were made to article 31. Now it sounds like this: “First aid before medical care is provided to citizens in case of accidents, **injuries**, wounds, lesions, poisoning, other conditions and diseases that threaten their life and health, by persons who are obliged to provide first aid in accordance with federal law or with special rules and have appropriate training, including employees of the internal affairs bodies of the Russian Federation, employees, military personnel and employees of the State Fire Service, rescuers of emergency rescue units and emergency rescue services, **as well as the victims themselves (self-help) or persons in**

the vicinity (mutual assistance) in cases provided for by Federal Laws” [7].

The main current document, which presents only eight conditions and 11 first aid measures that everyone can learn to perform, is the **Order of the Ministry of Health and Social Development of the Russian Federation dated May 04, 2012 No. 477n “On approval of the list of conditions in which first aid is provided, and a list of first aid measures”**. All first aid measures in emergency conditions fit into a simple, clear and easy to remember algorithm of actions [8].

Federal Law No. 313-FZ of July 3, 2016 amended the **Federal Law “On Education in the Russian Federation”** of December 29, 2012 No. 273-FZ, which establishes that the health of students includes, among other things, education teaching staff skills in first aid (part 11 of article 41 of the Federal Law “On Education in the Russian Federation”) [5].

On January 1, 2023, **Federal Law 127-FZ “On Amendments to the Federal Law “On Physical Culture and Sports in the Russian Federation” and the Federal Law “On Education in the Russian Federation”** came into force. Article 3, paragraph 4 of this law states that organizations implementing sports training programs, additional pre-professional programs in the field of physical culture and sports on the day this Federal Law enters into force must bring their educational activities in line with the requirements of the Federal Law of December 29 2012 No. 273-FZ “On Education in the Russian Federation” (as amended by this Federal Law) and regulatory legal acts adopted in accordance with it no later than May 1, 2023 [4].

Currently, the training of managers and specialists of organizations to provide first aid to victims is carried out once every three years in accordance with the **Letter of the Ministry of Labor and Social Protection dated April 11, 2017. No. 15-2/B-950 “On training workers in providing first aid to victims”** [6].

According to the presented laws and government decrees, the training of teachers, instructors and trainers, organized groups of the population (staff of enterprises and institutions) is a specific task of preparing the population for emergencies. At the same time, not a single article of the criminal and civil code of the Russian Federation has been identified, according to which a person without a medical education can be held criminally or administratively liable for incorrectly provided first aid, for an incomplete amount of such assistance, etc.

Conclusions. The analysis of the legal framework in the field of first aid in case of emergencies made it



possible to conclude that the legal documents forming it can form an optimal basis for the development of program and methodological documentation in this area of training for the teaching staff and students of a sports university. The acquired knowledge, skills and abilities to provide first aid in emergency conditions provide an opportunity for specialists working in the field of physical culture and sports to improve their work functions and competencies in their professional career.

References

1. Bolotova I.A., Zadorozhnaya N.A., Dubkova N.V. Innovacionnyy podhod k izucheniyu discipliny «Osnovy medicinskih znaniy» s otrabotkoy professionalnyh kompetenciy po rezultatam provedennoj voenno-patrioticheskoy igry «Po sledam partizanskih otryadov» [Innovative approach towards studying of the discipline «Medical knowledge basic foundations», with the professional competitions fine-tuning by the results of the performed military-patriotic game «Following the steps of the partisans detachments»]. *Uchenye zapiski universiteta im. P. F. Lesgafta*, 2022. No. 8 (210). pp. 34-36.
2. Dezhurnyy L. I. Nauchnoe obosnovanie i razrabotka sistemy mediko-organizacionnyh meroprijatij pervoy pomoshchi pri travmah i neotlozhnyh sostojaniyah na dogospitalnom etape [Scientific substantiation and development of a system of medical and organizational first aid measures for injuries and emergency conditions at the prehospital stage]. Doctor's degree dissertation. Moscow, 2016. 288 p.
3. Dolya grazhdan, sistematically zanimayushchikhsya fizicheskoy kulturoy i sportom [The share of citizens systematically engaged in physical culture and sports]. *EMISS. State statistics* Available at: <https://www.fedstat.ru/indicator/61635> (date of access: 02.24.2023).
4. vnesenii izmeneniy v Federalnyy zakon «O fizicheskoy kulture i sporte v Rossiyskoy Federatsii» i Federalnyy zakon «Ob obrazovanii v Rossiyskoy Federatsii»: Federalnyy zakon ot 30 aprelya 2021 goda № 127-FZ [prinyat Gos. Dumoy 14.04.2021] (s izmeneniyami na 17 fevralya 2023 goda) [On Amendments to the Federal Law "On Physical Culture and Sports in the Russian Federation" and the Federal Law "On Education in the Russian Federation": Federal Law No. 127-FZ of April 30, 2021 [adopted by the State. Duma on April 14, 2021] (as amended on February 17, 2023)]. *Electronic fund "Kodeks"*. Available at: <https://docs.cntd.ru/document/603447091> (date of access: 02.24.2023).
5. Ob obrazovanii v Rossiyskoy Federatsii: Federalnyy Zakon Rossiyskoy Federatsii ot 29.12.2012 goda № 273-FZ [prinyat Gos. Dumoy 21.12.2012] (s izmeneniyami na 6 fevralya 2023 goda) [On education in the Russian Federation: Federal Law of the Russian Federation of December 29, 2012 No. 273-FZ [adopted by the State. Duma on December 21, 2012] (as amended on February 6, 2023)]. *Electronic fund "Kodeks"*. Available at: <https://docs.cntd.ru/document/902389617> (date of access: 02.24.2023).
6. Ob obuchenii rabotnikov okazaniyu pervoy pomoshchi postradavshim: Pismo Ministerstva truda i sotsialnoy zashchity ot 11 aprelya 2017 goda №15-2/V-950 [On training workers in first aid to victims: Letter of the Ministry of Labor and Social Protection dated April 11, 2017 No. 15-2 / V-950]. *Electronic fund "Kodeks"*. Available at: <https://docs.cntd.ru/document/456060729> (date of access: 02.24.2023).
7. Ob osnovakh okhrany zdorovya grazhdan v Rossiyskoy Federatsii: Federalnyy zakon ot 21 noyabrya 2011 goda № 323 [prinyat Gos. Dumoy 01.11.2011] (redaktsiya, deystvuyushchaya s 11 yanvarya 2023 goda) [On the basics of protecting the health of citizens in the Russian Federation: Federal Law of November 21, 2011 No. 323 [adopted by the State. Duma 01.11.2011] (edition effective from January 11, 2023)]. *Electronic fund "Kodeks"*. Available at: <https://docs.cntd.ru/document/902312609> (date of access: 02.24.2023).
8. Ob utverzhdenii perechnya sostoyaniy, pri korykh okazyvayetsya pervaya pomoshch, i perechnya meroprijatij po okazaniyu pervoy pomoshchi: Prikaz Ministerstva zdravookhraneniya i sotsialnogo razvitiya Rossiyskoy Federatsii ot 4 maya 2012 goda № 477n (s izmeneniyami na 7 noyabrya 2012 goda) [On approval of the list of conditions under which first aid is provided and the list of first aid measures: Order of the Ministry of Health and Social Development of the Russian Federation of May 4, 2012 No. 477n (as amended on November 7, 2012)]. *Electronic fund "Kodeks"*.



- tronic fund “Kodeks”. Available at: <https://docs.cntd.ru/document/902347094> (date of access: 02.24.2023).
9. Solodovnik E. M. Travmatizm na urokah fizicheskoy kultury: osobennost prichiny profilaktika [Traumatism in physical culture lessons: peculiarities, reasons, prevention]. *Mezhdunarodnyy zhurnal gumanitarnykh i estestvennykh nauk*, 2019. No. 1-2. pp. 165-168.
 10. Shherbakov A. I., Almama Ya., Toktobekova Ye.T., Hramkova A.I., Shhepin N.A. Epidemiologiya tyazheloy sportivnoy travmy pri igrovyykh vidakh sporta u podrostkov [Epidemiology of severe sports injury in team sports in adolescents]. *Aktualnye voprosy hirurgii, anesteziologii i reanimatologii detskogo vozrasta* [Actual issues of surgery, anesthesiology and resuscitation of children’s age]. *Proceedings Russian scientific student conference*. 2022. No. 5. (S1). p. 213.