

1. SAFETY REGULATIONS FOR THE USE OF SIMULATION DEVICES

- a. The contents of this document must be briefed to all competition participants who will handle pyrotechnics and combat simulation devices (training grenades; battle effects simulation systems, which simulate the terminal effects of guns, mortars, grenades and muzzle effects of small arms; smoke grenades and smoke generators (candles); illumination and signal flares (hand-held and rocket); and blank cartridges). After being briefed on the contents of the safety regulations document, the competition participant will enter his/her signature into the safety instruction, safety awareness and safety skills control book to confirm that he/she has received the safety regulations briefing.
- b. Pyrotechnics and combat simulation devices must be handled with the same caution and care as with live ammunition.
- c. Should a competition participant be ordered to use a simulation device without having had any previous training on the said device, he/she is obligated to immediately inform this person who issued the order.
- d. All competition participants are obligated to immediately cease activities (shooting, training lesson, outdoor exercise or other activity) with the verbal command: "**STOP!**" (**SEIS!**), if they notice that a dangerous situation is developing.
- e. Competition organizers must be informed immediately if an incident has occurred.
- f. It is forbidden to be in possession of simulation devices without proper authorisation.
- g. It is forbidden to handle defective or non-functioning simulation devices.
- h. The modification of simulation devices is forbidden.
- i. Competition organisers must be informed of the failure or stoppage of any simulation device.
- j. After the event, all unused simulation devices must be returned to the person conducting the event or the person designated by the event organiser even if an official order has not been issued.

2. SAFETY REGULATIONS FOR THE USE OF PYROTECHNIC COMBAT SIMULATION DEVICES

- a. Pyrotechnic combat simulation devices are to be prepared for immediate use only.
- b. Pyrotechnic combat simulation devices are only used to simulate hand grenade explosions, various combat engineer obstacles and explosive devices.
- c. Pyrotechnic combat simulation devices can only be handled by the conductor of the event or an officially designated competition staff member.
- d. It is not allowed to detonate pyrotechnic combat simulation devices closer to humans, animals, etc., than the distances stated in the manufacturer's instructions.

- e. Once the pyrotechnic combat simulation device is armed or activated from safe to live, it must be thrown immediately.
 - f. Should there be a stoppage and the pyrotechnic combat simulation device fails to detonate, the device can be approached only after a precautionary wait time of 3 minutes, as appropriate, to mark and enable the subsequent destruction of the misfired or damaged device by properly qualified designated personnel.
 - g. When using of the pyrotechnic combat simulation device, it must be examined to verify that housing of the device is not damaged and that the detonator is securely closed.
 - h. It is forbidden to modify pyrotechnic combat simulation devices, throw such devices into transportation vehicles or bind two or more devices together.
 - i. A protective glove must be worn on the hand throwing the pyrotechnic combat simulation device.
3. SAFETY REGULATIONS FOR THE USE OF SMOKE GRENADES AND SMOKE EMITTERS (CANDLES)
- a. Smoke grenades and smoke emitters (candles) are to be prepared for immediate use only.
 - b. If smoke grenades and smoke emitters are used in buildings, bunkers or other confined spaces, then the use of gas masks is mandatory.
 - c. If smoke permeates the building, bunker or other confined space from outside of the area of activity, then all personnel must leave the facility immediately.
 - d. Should smoke drift from the training event to a road with dense traffic, sentries must be placed on either side of the road to prevent hazardous traffic situations from occurring.
 - e. It is forbidden to modify smoke grenades and smoke emitters or throw them into transportation vehicles.
 - f. When the smoke grenade fuse is activated, it is necessary to place the smoke grenade on the ground and immediately withdraw to a distance of at least 5 m.
 - g. When evacuating personnel from a dangerous area overcome by smoke, it is necessary to move crosswise (90 degrees) to the wind direction and avoid breathing deeply (inhaling large amounts of smoke without a protective mask can cause serious lung damage).
4. SAFETY REGULATIONS FOR THE USE OF ILLUMINATION DEVICES AND SIGNAL FLARES
- a. It is forbidden to fire illumination device and signal flares (hand-held and rocket) as follows:
 - (1) in the direction where humans or animals could be struck directly or indirectly by the device;
 - (2) from confined spaces and rooms, where there is an obvious fire hazard;
 - (3) when an obstacle obstructs the flight trajectory of the device and could cause the device to deviate from the intended direction, should the device collide with the obstruction.

- b. An armed illumination device or signal flare must be held above head level in an upward direction and at an angle of at least 50 to 80 degrees.
- c. Misfired or damaged illumination devices and signal flares must be destroyed by properly qualified designated personnel.

5. SAFETY REGULATIONS FOR THE USE OF BLANK AMMUNITION

- a. Blank cartridges must be handled with the same caution and care as with live ammunition.
- b. It is forbidden to fire blank rounds from a weapon that has not been fitted with a blank-firing adaptor (BFA).
- c. The muzzle brake must be clearly distinguishable from the remainder of the weapon by being painted in yellow, red or orange colour.
- d. Before field exercises or any other exercise where blank ammunition is used, all blank ammunition must be checked to ensure that there are no live rounds among them.
- e. It is forbidden to fire blanks in the direction of personnel who are closer than 30 meters.
- f. After field exercises or any other exercise where blank ammunition was used, the officer/NCO in charge of conducting the exercise must carry out a weapons inspection to check all weapons used in the exercise to ensure that they are unloaded, all magazines are empty and that there are no rounds left in any weapon chamber or ammunition belt.
- g. After field exercises or any other exercise where blank ammunition was used, the officer/NCO in charge of conducting the exercise must ensure that unused ammunition is returned to him/her or a designated representative, even if a separate order to return the ammunition was not given.

6. SAFETY REGULATIONS FOR THE USE OF WEAPONS AND AMMUNITION

- a. Concerning the use of weapons and ammunition, the officer/NCO in charge of conducting the exercise must act in accordance with the Chief of Defence 24.04.2006 Order Number 109 O.E 1.1 "Defence Force and Defence League Procedures for the Preparation, Maintenance, Teaching and Execution of Safety Regulations, Methods and Guidelines" Articles 1.8; 5.3 – 5.5 and 5.7; O.E 1.2 "Safety Regulations for the Handling of Weapons and Ammunition" and O.E 1.4 "Defence Force and Defence League Operating Procedures at Training Areas and Facilities" Article 3.
- b. The bearer of the weapon shall be responsible for the safekeeping the weapon and ammunition.
- c. The bearer of the weapon is responsible for the care and maintenance of the weapon and ammunition in his/her possession and must prevent them from falling into the hands of unauthorized persons.
- d. If the bearer of the weapon cannot fulfil his/her service obligations of due to sickness or accident or is sent home for family reasons, the individual's immediate superior is obligated to take all measures in order to acquire care and control of the weapon and ammunition.

- e. Stored weapons must unloaded before being placed in storage.
- f. It is forbidden to:
 - (1) Hand a weapon over to an unauthorised person;
 - (2) Carry a weapon when being under the influence of alcohol, narcotic drugs, psychotropic or psycho toxic substances;
- g. The unit commander is obligated to organise the procedures and location for unloading unit weapons.
- h. The bearer of the weapon must unload the weapon before entering staff headquarters or a security area.
- i. The bearer of the weapon must notify his/her direct superior immediately when the handling or use of a weapon has caused death or injury to a person or persons or property damage.
- j. A person who has discovered lost, buried, hidden or abandoned weapons and/or ammunition, and has taken possession of them, must notify his/her direct superior or military police immediately and hand the discovered items over to the authorities.

7. SAFETY REGULATIONS FOR THE PREVENTION OF HEARING LOSS

- a. In accordance with instructions given by the officer/NCO conducting the exercise, all Defence Force members are required to wear hearing protection in areas of excessive noise.
- b. It is the responsibility of commanders at all levels to ensure the availability and proper use of hearing protections and ear defenders.
- c. Eye protection must be worn when conducting live fire during field exercises.

8. SAFETY REGULATIONS FOR THE HANDLING OF FOOD AND WATER

- a. It is the duty of all personnel to follow sanitary-hygiene regulations during field exercises.
- b. Personnel can only drink water brought onsite during the exercise for that purpose.
- c. It is forbidden to use spoiled, contaminated or expired food for meals.
- d. Mess tins and eating utensils must be cleaned.

9. MEDICAL SAFETY REGULATIONS

- a. In case of illness, the service member must inform his/her superior/representative immediately and seek assistance from the medical services.
- b. Personal hygiene must be carried out on a regular basis at areas designated for that purpose, using heated water, if possible.
- c. Field exercise participants must dress appropriately according to weather conditions.
- d. One must keep his/her body warm, keep moving, consume a sufficient amount of drinking water and, if possible, not lie or sit on the bare ground.
- e. Feet should be properly cared for. They should be washed regularly, if possible, and socks changed as necessary.

- f. Hands and ears need to be protected from cold and insects. If necessary, the face and ears should be covered with the winter cap, which is worn under one's helmet.
- g. Wet clothing should be changed as soon as possible for dry clothes.
- h. Colleagues must be monitor each other for signs of hypothermia (pale skin, etc.) and, if necessary, to warn and provide assistance.
- i. Exposure to direct open bright sun should be avoided and fluids need to be consumed to prevent the risk of overheating and sun stroke (sun stroke).
- j. It is necessary to monitor colleagues for signs of overheating (flushed skin, faintness, nausea, etc.) and to warn them, if necessary.
- k. During the dangerous tick season and in areas of tick inhabitation, both clothing and body must be checked. Ticks found crawling or attached to the body must be removed immediately. The spot on the body from where the tick was removed must be shown to the medical personnel as soon as possible.
- l. When administering first aid In the event of sunburn, cool the affected skin repeatedly with cool water or a cold water dressing. Apply first aid burn gels and monitor for a rise in temperature.
- m. Direct contact with plants such as heracleum (i.e. hogweed, cow parsnip) and parsley, and, in some cases, even sunscreens may induce symptoms identical to sunburn (skin redness, itchiness, moderate swelling and skin blistering in cases of deeper burns; distinguishing characteristics are tenderness or mild pain, paleness of skin when pressed; dryness of skin unless blisters have ruptured; the body's general reaction such as fever, chills, and drowsiness indicates a more severe the degree of sunburn in which case the possibility of heatstroke or sunstroke must be considered)
- n. In case of body contact with a hot object, water and fire, if possible, immerse the body part (arm, leg, etc.) in cold water as quickly as possible.
 - (1) Allow to cool for at least 15 – 20 minutes. NB! It is incorrect to cool the affected area with ice or ice water.
 - (2) In the case of scalding by a hot liquid, quickly remove clothing from the affected area and then commence cooling.
 - (3) In case burns by fire or other heat source, remove the heat source from the casualty, or the casualty from the heat source, whichever is easiest and safest, ensuring that the casualty is transferred to or located in a safe place and placed in prone position on his/her stomach. If still on fire, extinguish flames with a blanket or carpet. Start cooling the burned area immediately.
 - (4) For cooling, the casualty could be placed in a bath or a body of water (stream, river, pond, lake, etc.) but no longer than twenty minutes. After cooling, the casualty should be wrapped in a clean sheet and then covered warmly.
 - (5) Treat the burn wound. It is important to keep the wound clean.
 - (6) In the case of first aid treatment to a burn wound, the prescribed dressing or gel can be placed on the injured area, which prevents swelling (edema), has a

cooling and pain-relieving effect, keeps the injured area moist and is easy to apply. If these items are not available, then cover the wound with a clean and dry cloth or towel.

(7) Do not apply any other substances or folk medicine remedies such as butter, oil, sour cream, ointments, lotions, aloe vera, honey or petroleum jelly (Vaseline) to any burn injury.

10. FIRE SAFETY REGULATIONS

- a. Campfires, the burning of logging scrap, the use of candles and other such activities, which may cause a fire (i.e. the use of pyrotechnics in dry areas) are forbidden without permission from competition organisers.
- b. In case of fire, equipment and materiel must be moved away from the fire area.
- c. All personnel who notice an unattended fire must immediately begin to attempt to extinguish it and report the situation to the competition organisers.
- d. If it is not possible to quickly extinguish the fire, competition organisers must be informed immediately.
- e. A fire extinguisher must be in the tent when heating with a tent oven.
- f. It is prohibited to use the assistance of lighter fluid to ignite the fire in a tent stove.
- g. Tents must be under guard when they are being heated.
- h. Combustible material, including heating material (firewood, etc.), clothing articles, candles, etc., must be kept at a safe distance from the tent stove or any other appliance with a hot outer surface.
- i. Smoking is only allowed in designated areas.

11. SAFETY REGULATIONS FOR THE USE OF FLAMMABLE (METHYLATED SPIRITS, ETC) AND COMBUSTIBLE (KEROSENE, ETC) LIQUIDS AND GAS

- a. Flammable and combustible liquids brought to field exercises may only be used in vessels intended that use.
- b. Flammable and combustible liquids may only be poured into camping stoves and storage containers outdoors. It is forbidden to conduct this activity in tents, barracks vehicles, etc.
- c. It is prohibited to use flammable and combustible liquids to ignite the fire in a tent stove.
- d. In order to avoid accidents, flammable and combustible liquid containers are to be kept for at least 2m away from tents.
- e. The lighting of a camping stove must only be done at a safe distance from all personnel.
- f. Before filling a camping stove, it must be ensured that the stove is completely cooled (the burner must be covered with a stopper for at least 5 seconds).
- g. To prevent burns, it is forbidden to pour flammable liquids into uncooled camping stoves.

12. TRAFFIC SAFETY REGULATIONS

- a. Personnel without proper licenses or permission are not allowed to drive or repair vehicles.
- b. Equipment must be placed in the automobile trunk or truck bed so that the equipment will not start to shift while driving and the vehicle is not overloaded.
- c. Weapons must be unloaded, cleared and inspected before embarking vehicles.
- d. Magazines must not be attached to weapons while in vehicles.
- e. The driver must designate a leader who will be in command of and maintain discipline personnel of in the truck bed.
- f. It is forbidden to disembark from a moving vehicle.
- g. It is forbidden to disembark from a vehicle before being ordered to do so by the designated leader.
- h. It is forbidden to jump out of a truck bed.
- i. Prior to disembarking from a vehicle, all personnel must make sure that there is no risk from oncoming or bypassing vehicles.
- j. During night-time and periods of reduced visibility, all pedestrians must wear a reflector or use a flashlight when moving along unlit roads without sidewalks.
- k. It is prohibited to walk along railways. Crossing railways is allowed only in designated locations.

13. SAFETY REGULATIONS FOR CROSSING WATER OBSTACLES

- a. Personnel should use planks, footbridges, bridges or fallen trees, etc., when crossing water obstacles by foot. If these are not available or when it is necessary to swim across, team members must safeguard the crossing with rope or cord from their carry-on equipment.

Prepared by:

Defence League Head Quarters G2