

## **Internal Regulations for Sports Classes at the University of Latvia**

### **1. General Provisions**

The internal regulations of the University of Latvia (hereinafter – UL) sports classes are issued in accordance with Section 54(2) and Section 55(3) of the Education Law, Section 10(2)(2) of the General Education Law, and other Cabinet of Ministers regulatory enactments.

The internal regulations establish the order that ensures the functioning of sports classes/trainings, promoting quality performance and discipline, efficient use of time, mutual communication, the rights and responsibilities of participants, and compliance with societal norms. Students who purchase a UL sports class subscription must familiarize themselves with these internal regulations. Compliance with the internal regulations is mandatory for all participants of UL sports classes.

The Director of the UL Sports Centre (hereinafter – SC) is responsible for the safety and organization of UL sports classes.

### **2. Rights and Responsibilities of Participants**

#### **2.1. Responsibilities**

- 2.1.1. Comply with the internal regulations of UL sports classes.
- 2.1.2. Respect the Latvian state, national symbols, the Latvian language, Latvian history, and society.
- 2.1.3. Attend sports classes wearing appropriate sports clothing and footwear (or barefoot, if required by the specific class).
- 2.1.4. Observe personal hygiene.
- 2.1.5. Respect the rights of coaches and fellow participants.
- 2.1.6. Avoid endangering one's own or others' health, safety, and life.
- 2.1.7. Do not allow emotional or physical violence.
- 2.1.8. Be polite.
- 2.1.9. Take care of UL equipment and facilities. Any material damages caused by the participant must be reimbursed in full.
- 2.1.10. Take responsibility for safeguarding personal belongings.

#### **2.2. Rights**

- 2.2.1. Acquire skills and knowledge in the chosen sport under the guidance of a UL sports coach.
- 2.2.2. Represent UL in competitions, Olympiads, and events at various levels.
- 2.2.3. The right to protection of personal belongings.

### **3. Organization of Sports Classes**

- 3.1. Sports classes take place according to the class schedule.
- 3.2. The process of sports classes is determined by the sports specialist.
- 3.3. Changes to sports classes can only be made with written or verbal approval from the

sports specialist.

3.4. The sports specialist is responsible for order during classes.

3.5. UL sports classes are held in pre-approved facilities equipped for sports competitions that meet regulatory requirements.

3.6. Participation in UL sports classes is permitted only for persons whose state of health is suitable, and each participant confirms this by registering with the coach and signing an acknowledgment of the safety rules.

3.7. Emergency medical assistance will be called if necessary.

#### **4. Action in Case of Non-Compliance with Internal Regulations**

4.1. Refusal by the coach to conduct training for the specific person.

4.2. A conversation with the Director of the Sports Centre.

4.3. Removal from sports classes.

#### **5. Grounds for Removal from Sports Classes and Cancellation of Subscription**

5.1. Attending classes under the influence of narcotic substances or alcohol.

5.2. Repeated violations of the internal regulations.

5.3. Theft.

5.4. Moral or physical violence.

#### **6. A Coach May Refuse to Conduct Training for a Specific Person if:**

6.1. The responsibilities specified in Section 2 of the internal regulations are not followed.