



## **GENERAL RISK ASSESSMENT**

Risks assessments will be made prior to each yoga class and are continual, variable and on-going. They will include:

### **PRIOR TO CLASS**

- Check for weather if class held outdoors;
- Check fire extinguishers are nearby;
- Check children/adults have bare-feet or are wearing anti-slip yoga socks;
- Check children/adults are not wearing any jewellery;
- Check long hair is tied back;
- Check medical conditions/behaviours (emergency medications) of children/adults and essential medication is left with Lisa Greenough;
- Check maximum number of children is not exceeded (this will normally be no more than 12, but this is decided by Lisa Greenough);
- Check space is clean clear and free from hazards before class begins;
- Once children are released to the yoga class, ensure correct site security procedures are followed during the class.

### **DURING CLASS**

- Continually assess behaviour of children to ensure everyone's safety;
- Continually monitor correct positions and alignment of bodies during poses to eliminate any potential injury;
- Demonstrate age-appropriate poses only;
- Maintain behaviour expectations;
- Provide drinking water if children do not have their own;
- Administer first aid if appropriate in accordance with parents' wishes and first aid policy;
- Allow children toilet breaks if necessary, which should be close by;
- Ensure children do not run around the space prior to or after class.

### **AFTER CLASS**

- Ensure each child is handed over and collected by a parent or nominated guardian that is known to Lisa Greenough;
- Check that all equipment is tidied away;

- Check space is clean and free from hazards;
- Check site is secure before leaving.

**This list is not exhaustive and is subject to change.**

**Date written .....10 April, 2018. It will be reviewed every two years by Lisa Greenough. The next review is due on: 10 April, 2020.**

**Signed.....L D Greenough.....**



