



HEALTH AND SAFETY POLICY

At YogaPebbles we believe that every child, young person, family, staff and volunteer has the right to feel safe and to be in an environment where health and safety is paramount. We understand that:

- **Anyone who attends a YogaPebbles class has the right to practise yoga in a healthy and safe environment;**
- **All who practise yoga expect to be taught by a fully qualified teacher who possess the necessary qualifications, skills and attitude to do so;**
- **Lisa Greenough will need to continually review her teaching practise and update her training as necessary.**

We will:

- **Provide a safe and healthy learning environment as per the risk assessment document;**
- **Ensure that appropriate clothing is worn;**
- **Ensure that parental permission forms are completed to allow for appropriate teacher to child contact when demonstrating yoga poses;**
- **Prevent any accidents and ill health as per risk assessment document;**
- **Assess and control risks as per risk assessment document;**
- **Ensure safe practice;**
- **Report and record any incidents;**
- **Monitor and review systems and procedures;**
- **Develop and promote healthy lifestyles through practise, discussions and teachings;**
- **Maintain adequate resources;**
- **Ensure parents have applied sun-cream to their child if yoga is to be practised outside. If re-application is needed, ensure Lisa has parental permission;**
- **Ensure any foods consumed in lessons are nut free.**

Date policy written10 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.....

