Birdsong Yoga Physio sample risk assessment

Client:

Venue:

Date:

Activity being assessed: Seated, standing and lying yoga class

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| Risk | How to mitigate | Risk matrix level ( using NHS Risk Matrix tool) |
| Risk of covid transmission | ● Currently in level 0  ● Ensure mats are 1m apart  ● Encourage face coverings when entering/exiting room  ● Ensure clients bring own mats or they are sanitised between use  ● Check Yoga Scotland in case guidance changes | Low |
| Physical injury to a client | ● Initial health questionnaires to be completed and screened by Yvonne 1 week before session  ● Clients to be advised to wear loose comfortable clothing and bare feet or grippy socks  ● CPR status of clients to be known by Yvonne before start of class  ● Clients to be informed at start of class to work within own health boundaries  ● Personal health responsibility declaration signed by all clients | Low |
| Fire | ● Yvonne to be familiar with venue’s fire policy | Low |
| Last minute cancellation by teacher or venue | ● Ensure all attendee’s contact details are up to date | Low |