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  |