

Risk assessment

Operational Area: Calm@churchfarm

Studio

Description of Activity: Yoga & Wellbeing Classes, Events and Retreats, Community Events.

Yoga session for Adults and Children

Start and end of club H&S, expectations.	Teacher, staff & Participants	<ul style="list-style-type: none">☀ Permission/consent/registration/health screening carried out by leader/teacher☀ Register taken and clear and effective support and communication from staff established as appropriate.☀ Policies and expectations shared and understood.☀ Expectations, H&S (Children's sessions stay on mats unless stated, not to run, not to climb equipment, listen and freeze on singing bowl, be kind, listen to each other, take part fully but if need to rest do, no eating during practical class, no food sharing that could cause allergies or choking, have water bottle, no dangerous behaviour)☀ At drop off sessions children taken to parents by workshop leader.	No further action required	Teacher, staff & participants	Low
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<p>Indoor floor surfaces Ensure floor spaces are clear from all tripping/slipping hazards including:</p> <ul style="list-style-type: none"> - Rubbish, paper & stationery - Raised plug sockets or cables - Equipment - Tables & chairs - Spillages or recently mopped wet surfaces <p>Also ensure any small pieces of grit/stones/mud that would be offensive to bare feet are swept away.</p> <p>Outdoor surfaces Select a suitable ground space clear of tripping/slipping hazards, litter and small objects which may hurt participants feet. If you are using a concrete/gravel area then it would be best for participants to wear trainers.</p>	<p>Teacher & Participants</p>	<ul style="list-style-type: none"> ☀ General good housekeeping is carried out, sweep floors after use etc. ☀ A rubbish bin is located for participants litter. ☀ Towels/Mop and Bucket are located in advance so that any spillages can be cleared up quickly in order to avoid slips. ☀ Clearly move and stack chairs/tables safely to the side of the room and ensure participants know they are there. ☀ All areas well lit, including stairs. ☀ No trailing leads or cables. ☀ Tape down any cables or communicate to Clare. ☀ Participants advised to be aware of any hazards that cannot be moved. ☀ Ensure the floor has been cleared of mud/grit beforehand. ☀ Instruct pupils to wear trainers if you are doing Yoga or an activity on a concrete/gravel playground. ☀ Make sure the fire guard is secured with the hooks. ☀ if radiators are used make sure people know especially during activities with young children. ☀ Have the studio keys with the facilitator/teacher at all times so can have access to all doors as needed. ☀ Ensure the studio is shut up safely, all electric items switched off from the sockets, windows shut properly and all doors locked. When the last people leaving the farm ensure front gate to farm is closed. 	<p>No further action required</p>	<p>Teacher & participants</p>	<p>Low</p>
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Temperature and ventilation of the room If doing Yoga outside, ensure participants do not become chilled in cold/windy weather, and do not overheat/sunburn in hot/sunny weather.	Teacher & participants	<ul style="list-style-type: none">☀ Ensure the temperature of your environment is kept comfortable.☀ Avoid overheating by opening the windows and avoiding hot direct sunlight, but also ensure the room/space is not draughty and chilled- especially for Relaxation.☀ Relaxation must be performed whilst laying on a mat or sitting in a chair- never on studio floor as this will chill the body.☀ Ensure Tutor and participants have access to fluid and air.	No further action required	teacher	low
Inappropriate clothing/footwear	Teacher & Participants	<ul style="list-style-type: none">☀ Ensure clothing is appropriate for the activity by giving advanced noticed. Loose comfortable clothing is best.☀ It is best for participants to practise Yoga barefoot but ensure the floor is clean for this and outdoor space is appropriate.	No further action required	Teacher	Low
Quality of furniture- checking for items such as broken chairs which could potentially injure participants. Yoga Mats	Teacher & Participants	<ul style="list-style-type: none">☀ Check tables and chairs that may be by the side of the room for sharp or broken edges.☀ Ensure mats used are laid flat as upturned edges may pose a tripping hazard. Also ensure mats do not have tears as these may cause injury.☀ Any breakages or concerns about equipment must be reported to Clare.	No further action required	Teacher	Low
First Aid Box/bag is located Injury while attending class, disclosure during class.	Teacher & Participants	<ul style="list-style-type: none">☀ Locate the first aid box/bag and know what procedure you should follow if you have to use it.☀ Person leading the event/class should hold the appropriate certification and qualification e.g. Leader/teacher is fully qualified for style of activity being taught and should hold a valid first aid certificate (if running children classes should also hold a child protection certificate). Appropriate insurance for the facilitator/instructor in public liability is essential.	Further action required as needed.	Teacher and staff	Low

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Fire alarm	Teacher & Participants	☀ Know where the nearest Fire Exit and Fire Assembly point is located and either have a register of participants with leader/facilitator so that they can check all are present once having left the building or have leader/facilitator act as last person out and check the space ensuring everyone is out.	No further action required	Teacher	Low
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Severity Level:

Low – Non immobilising injury or trauma not requiring hospital treatment

Medium – Immobilising injury or trauma requiring hospital treatment

High – Life threatening event