

Mistry Yoga and Lifestyle Children's and Family Yoga Club

Health and Safety Policy



1. Introduction

At Mistry Yoga and Lifestyle Children's and Family Yoga Club, we are committed to providing a safe and healthy environment for our participants, instructors, and visitors. This Health and Safety Policy outlines our commitment to ensuring the well-being of everyone involved in our activities, especially when conducted in hired church halls.

2. Responsibilities

2.1. Club Management: The club management is responsible for implementing and maintaining this Health and Safety Policy. They will ensure that all necessary resources, information, and training are provided to support a safe and healthy environment.

2.2. Instructors: Instructors are responsible for conducting yoga classes in a manner that prioritises the safety and well-being of participants. They must also follow all relevant safety guidelines and procedures.

2.3. Participants and Parents/Guardians: Participants and their parents or guardians should be aware of and follow all safety rules and guidelines provided by the club. They are encouraged to report any safety concerns promptly.

3. Risk Assessment

Before each session, the club management will conduct a risk assessment to identify potential hazards and assess their impact on safety. This will include evaluating the condition of the church hall, equipment, and the activities planned for the session.

4. Hall Safety

4.1. Facility Inspection: The hall will be inspected regularly to ensure it is in good condition and free from hazards.

4.2. Emergency Exits: Emergency exits will be clearly marked and kept unobstructed at all times.

4.3. Fire Safety: Fire extinguishers, alarms, and emergency evacuation procedures will be in place and clearly communicated.

5. Equipment and Props Safety

5.1. Yoga Mats and Props: Mats and props used in yoga sessions will be regularly inspected for wear and tear. Any damaged equipment will be replaced promptly.

5.2. Cleaning: Mats and props will be cleaned and disinfected regularly.

6. First Aid

6.1. First Aid Kit: A well-stocked first aid kit will be available on-site.

6.2. First Aid Trained Personnel: At least one club representative will be trained in first aid.

7. Hygiene and Sanitation

7.1. Hand Hygiene: Participants will be encouraged to practice proper hand hygiene before and after sessions.

7.2. Sanitisation: High-touch surfaces and shared equipment will be regularly sanitised.

8. Emergency Procedures

8.1. Emergency Contacts: A list of emergency contact numbers will be readily available.

8.2. Evacuation Plan: An evacuation plan for the church hall will be displayed, and participants will be made aware of it.

9. Reporting and Documentation

9.1. Incident Reporting: Any accidents, incidents, or near misses will be reported to the club management immediately.

9.2. Records: All safety-related records, including risk assessments, incident reports, and maintenance logs, will be maintained and reviewed periodically.

10. Training and Education

10.1. Instructor Training: Instructors will receive training on safety procedures and emergency protocols.

10.2. Participant Education: Participants and their parents or guardians will be provided with safety information and guidelines.

11. Review and Revision

This Health and Safety Policy will be reviewed annually and updated as necessary to reflect changes in club activities, regulations, and best practices.

12. Compliance

Non-compliance with this Health and Safety Policy may result in disciplinary action or dismissal from the club, depending on the severity of the violation.

By adhering to this Health and Safety Policy, the Children's and Family Yoga Club aims to create a safe and healthy environment where all participants can enjoy the benefits of yoga with peace of mind.

Contact details:

Name: Mandy Mistry (Owner) 2023

Email: mistryyogaclub@gmail.com