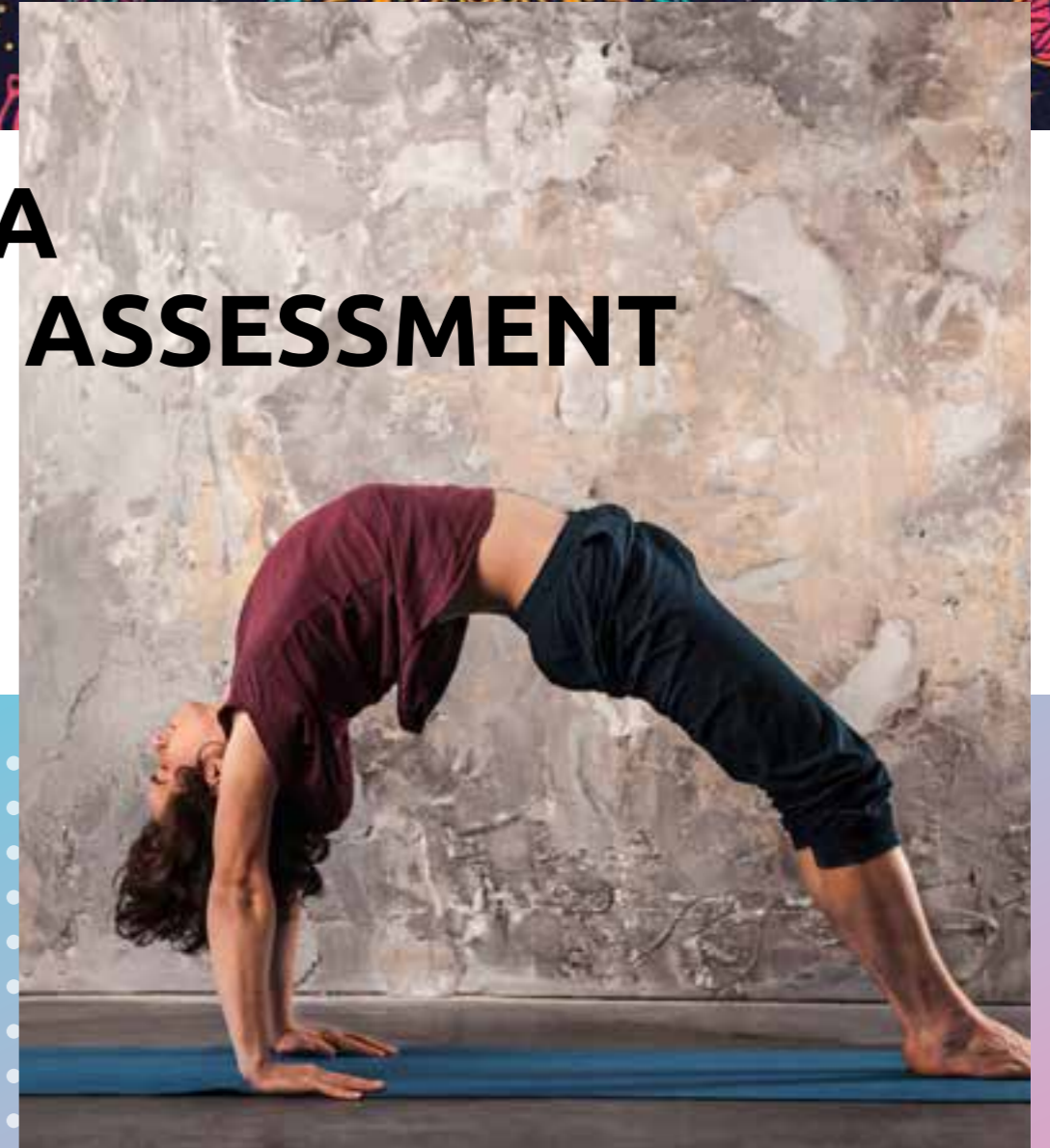


Environment Safety — Indoors

- Ensure the practice area is free from obstacles and hazards.
- Verify that the surface is suitable for yoga (not too hard or slippery).
- Check the room temperature; it should not be too hot or cold.
- Ensure sufficient space for movement to avoid collisions.
- Keep walkways and emergency exits clear of obstructions.
- Verify that flooring is even, without any tripping hazards.
- Have towels to clean up spills or sweat from floors.
- Check that the studio is well-lit, enhancing visibility and safety.
- Ensure good ventilation to maintain air quality.
- Regularly clean and disinfect the studio space.
- Have a schedule for deep cleaning of the studio space
- Provide hand sanitizers and encourage their use.
- Maintain a list of emergency contacts and a procedure for medical emergencies.

YOGA RISK ASSESSMENT



Environment Safety — Outdoors

- Choose a flat and stable surface to prevent imbalance or injury.
- Check for hazardous rocks, roots, or uneven ground.
- Ensure the area is spacious enough for the number of participants.
- Consider privacy aspects; secluded spots are often preferable.
- Check the weather forecast and have a contingency plan for inclement weather.
- Prepare for varying temperatures.
- Ensure there's shade available for hot days, like canopies or umbrellas.
- Inspect the area for potential hazards like insects, wildlife, or poisonous plants.
- Plan for sun protection: recommend sunscreen, sunglasses, and hats.
- Consider allergies; remind participants to bring necessary medication.
- Have extra mats or towels available.
- Provide hand sanitizers and encourage their use.
- Know the nearest location for medical help.



Equipment Check

- Verify the quality and safety of yoga mats (non-slip, cushioned).
- Inspect all equipment for wear and tear; replace if necessary.
- Ensure mats and equipment are safe to use.
- Check equipment for stability and safety.
- Clean and disinfect equipment regularly.
- Ensure mats and equipment are properly stored.
- Regularly check electrical equipment for wear and tear.
- Have a well-stocked first aid kit accessible.
- Ensure the presence of basic emergency equipment.
- Keep a phone readily accessible for emergencies.

BE READY FOR ANYTHING



Additional Risk Assessment Questions

- What are potential hazards you see?
- Who might be harmed and how?
- Can the risk be eliminated? If not, can it be lowered?
- What actions can you take to control the risk?
- When will action be taken and risks controlled?
- Do you need to reassess this risk at a later time? If so, when?
- Have you reassessed past risks?
- What new action(s) need to be taken with past risks?

