

# Yoga Safety & Risk Assessment Checklist



## Facility

Are the parking lot, walkways, exits, and emergency exits clear from debris and other hazards?  Yes  
 No  
 N/A

If no, how has it been handled:

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Is the facility interior clean, dry, and clear from debris and other hazards?  Yes  
 No  
 N/A

If no, how has it been handled:

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Is the AC/Heat working properly and set at an appropriate value?  Yes  
 No  
 N/A

If no, how has it been handled:

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Are the facility AED and First Aid kit accessible and up to date?  Yes  
 No  
 N/A

If no, how has it been handled:

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Are fire extinguishers up to date, clearly visible and accessible?  Yes  
 No  
 N/A

If no, how has it been handled:

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Are all entryways, hallways, and practice areas well lit?  Yes  
 No  
 N/A

If no, how has it been handled:

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## Client/Student Safety

Do you have signed waivers and emergency contacts from each student?  Yes  
 No  
 N/A

If no, how has it been handled:

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Do you have health history forms from each student?  Yes  
 No  
 N/A

If no, how has it been handled:

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Do you have modifications prepared for different ability levels or injuries?  Yes  
 No  
 N/A

If no, how has it been handled:

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Do you have an emergency action plan in place?  Yes  
 No  
 N/A

If no, how has it been handled:

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Have you asked students about new injuries, pain, or health changes before class?  Yes  
 No  
 N/A

If no, how has it been handled:

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Do you clearly explain class expectations and safety cues at the start of class?  Yes  
 No  
 N/A

If no, how has it been handled:

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## Individual Room/Space

Is there adequate space between mats to allow safe movement and transitions?  Yes  
 No  
 N/A

If no, how has it been handled:

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Are floors clean, dry, and slip-resistant?  Yes  
 No  
 N/A

If no, how has it been handled:

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Is music volume set at a level where verbal safety cues can be heard clearly?  Yes  
 No  
 N/A

If no, how has it been handled:

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If in an outdoor space, is the ground reasonably level and free of debris, trip hazards, and/or poisonous plants?  Yes  
 No  
 N/A

If no, how has it been handled:

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If in an outdoor space, did you check and prepare for the weather?  Yes  
 No  
 N/A

If no, how has it been handled:

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If in an outdoor space, do you have backup supplies/equipment like extra water, mats, and first aid supplies?  Yes  
 No  
 N/A

If no, how has it been handled:

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If in an outdoor space, do you know the location of the nearest AED/medical help?  Yes  
 No  
 N/A

If no, how has it been handled:

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## Equipment & Other Resources

Is all equipment in good condition, free of significant wear and tear and other defects?  Yes  
 No  
 N/A

If no, how has it been handled:

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Has all equipment been cleaned and disinfected before/after class?  Yes  
 No  
 N/A

If no, how has it been handled:

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Are storage areas organized to prevent items from falling or creating trip hazards?  Yes  
 No  
 N/A

If no, how has it been handled:

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## Sanitation & Cleanliness

Have shared props been cleaned between uses?  Yes  
 No  
 N/A

If no, how has it been handled:

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Are hand sanitizer and other hygiene products available to students?  Yes  
 No  
 N/A

If no, how has it been handled:

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Are trash bins available and reasonably empty?  Yes  
 No  
 N/A

If no, how has it been handled:

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