

Risk Assessment for a Yoga Club by Yana Children's Yoga



Applicable Venue Halls/Studios
Activity Yoga
Leader Accessor Organiser & Leader - Kalpna Mistry
Date: Spring 2020
Further Action Required No

Review Date: Spring 2021

Process/Activity	Hazards Identified	Persons at Significant Risk	Existing Controls	Are existing controls adequate? Y/N	Additional Controls required?
Snacks	Could choke	Children	Children must sit and eat in one place	Y	N
Drinks	Spillages	Children	Children to sit in one spot whilst drinking to avoid spills	Y	N
Arrival	Children left unattended in Hall/Studio	Children	Kalpna to arrive 10 minutes before start of club	Y	N
Collection and Dismissal	Children dismissed without parent/carer to meet them	Children	Kalpna to dismiss one child at a time or to stand at door to ensure child is exiting with their adult	Y	N
Yoga poses	Come off the mat whilst trying to get in and out of pose	Children	Kalpna will give demonstration and instruction of pose first and then children will go into pose	Y	N
Wires/trip hazards in room	Child could trip over and hurt themselves	Children	Kalpna to check hall/studio on arrival and remove any possible hazards before laying out yoga mats	Y	N
Items on the Hall/Studio Floor	Child could trip or step on object	Children	Kalpna to check hall/studio floor on arrival and remove any possible hazards before laying out yoga mats	Y	N
Toilet stops	Child goes missing whilst going to the toilet	Children	One child at a time to go to the toilet, so can monitor when they are back	Y	N
Jewellery in class	can get caught in clothing while getting in and out of poses	Childre	Children must not wear jewellery, earrings or watches. Will be asked to remove items	Y	N
Medical issues of individual children	The condition could flare up in club	Children	Ensuring the register is clearly marked if a child has a condition e.g asthma or an allergy and emergency number of parent/carer is to hand	Y	N
Entering the class during Covid-19	The virus could be passed on to others	Children and adult	All children to sanitise hands on entry	Y	N
Children changing during Covid-19	The virus could be passed on to others	Children and adult	Make sure children to change in allocated year group areas and put all clothing and belongs into their bags without adult help, once changed sanitise hands again after changing	Y	N
Snacks and drinks during Covid-19	The virus could be passed on to others	Children and adult	No snacks to be eaten during class, each child should have their own water bottle if they require a drink	Y	N
Spacing for children during Covid-19	The virus could be passed on to others	Children and adult	All children will be spaced out on their mats within year group areas and the space between the teacher in accordance to the latest government guidance	Y	N
Use of yoga mats during Covid-19	The virus could be passed on to others	Children and adult	Mats will be santised before and after class, there will be 24 hours or more time before mats are used again. Will advise parents to provide a towel or blanket if they prefer to carry out yoga poses, lay their towel or blanket on mats provided. Alternatively children can bring own mats	Y	N
Number of children per class during Covid-19	The virus could be passed on to others	Children and adult	Class size maximum 10 children and teacher, already inline with the latest government guidance	Y	N
Tracking who was present in class incase of an outbreak of Covid-19	The virus could be passed on to others	Children and adult	Kalpna to keep an accurate register and parents will be asked to ensure their contact details are provided. Kalpna will liase with school and class if a positive test has been reported witin the class	Y	N
Exiting class during Covid-19	The virus could be passed on to others	Children and adult	Children to line up in year groups and sanitise hands, will exit hall to adults waiting outside, one year group at a time	Y	N