



Risk Assessment

Date of risk assessment:		11 April 2021	Date of review: Monthly
Reviewed by:		Anjali Patel	
Venue:		The School Hall, Little St Margaret's School, Merry Hill Road, Bushey, WD23 1DT	
No	Hazard	Risk(s)	Mitigation(s)/Checked
Qualifications & Certifications			
1	Qualifications and Certifications are not up to date	<ul style="list-style-type: none"> • Risks to health and safety of participants • Failure to comply with legal requirements 	<p>The following certifications are in place:</p> <ol style="list-style-type: none"> a. Qualified as a children's yoga teacher b. BGI Insurance with £5,000,000 liability indemnity: Expiry 28th February 2022 c. IYN 100 hours Children's Yoga: February 2016 d. YogaBeez 95 hour Children's Yoga Teacher Training, accredited by Yoga Alliance: February 2019 e. IYN 200 hour Women's yoga: July 2019 f. Aquatic Yoga Teacher Training: March 2015 g. Educare Safeguarding Young People - Level 2: August 2020 h. Educare Infection Prevention & Control in Education - Level 2: August 2020 i. Educare Infection Prevention & Control in an Early Years Setting – Level 2: August 2020

			<ul style="list-style-type: none"> j. Educare The Prevent Duty – Level 2: December 2020 k. Enhanced DBS Certificate: 001670076436 l. GDPR/Data Protection Act 2018 Data Protection Registration: Expiry 6th August 2021
2	Participants become unwell/have an accident during class	<ul style="list-style-type: none"> • Risks of health and safety of participants 	<ul style="list-style-type: none"> • First Aid Training: December 2020
Participant Safety			
3	Healthy Questionnaire & Booking Form for each participant not completed	<ul style="list-style-type: none"> • Risk of injury to participants • Failure to tailor classes appropriately 	<ul style="list-style-type: none"> • Each participant completes an Operoo booking form
4	Register of all class participants not kept	<ul style="list-style-type: none"> • Inability to check all participants are safe in the event of a fire or other incidents 	<ul style="list-style-type: none"> • Teacher registers each participant via the online Operoo App
5	Ongoing physical & mental health	<ul style="list-style-type: none"> • Risk of injury to participants 	<ul style="list-style-type: none"> • Booking form participant responsibilities of wellness and to update teacher or any changes • Teacher request to update on wellness at the start of each class • Teacher being vigilant to challenges participants may face during class
6	Physical injury	<ul style="list-style-type: none"> • Risk of injury to participants 	<ul style="list-style-type: none"> • Communicate & demonstrate correct technique to minimise risk of injury • Warm up stretching/games conducted before more strenuous Yoga activity • Rubber mats used to prevent slips on hard surfaces
7	Physical exertion	<ul style="list-style-type: none"> • Risk of injury to participants 	<ul style="list-style-type: none"> • Adapt activity to physical needs and ability of participants • Encourage regular water intake dependent on intensity, duration and weather conditions • Constantly monitor participants for fatigue and exhaustion

8	Clothing	<ul style="list-style-type: none"> • Risk of injury to participants 	<ul style="list-style-type: none"> • Advise to wear suitable clothing for exercise • Dissuade wearing of jewellery
9	Accidents during class	<ul style="list-style-type: none"> • Risk of injury to participants & visitors • Failure to comply with insurance requirements 	<ul style="list-style-type: none"> • First Aid kit brought to all classes • See also Emergency procedures • Incident report forms brought to all classes
The Venue			
10	Premises are in a satisfactory state of repair	<ul style="list-style-type: none"> • Risk of injury to participants & visitors 	<ul style="list-style-type: none"> • Teacher checks premises before the start of each class
11	Accesses, exits, passages are safe and unobstructed	<ul style="list-style-type: none"> • Risk of injury to participants & visitors 	<ul style="list-style-type: none"> • Teacher checks accesses before the start of each class and moves any potential obstructions
12	Fire exits, evacuation procedures and fire assembly points are clearly marked and known to participants	<ul style="list-style-type: none"> • Risk of injury to participants & visitors 	<ul style="list-style-type: none"> • Teacher ensures all participants are make aware of fire exits at the beginning of each term and when new participants join class
13	Fire safety equipment is visible & accessible	<ul style="list-style-type: none"> • Risk of injury to participants & visitors 	<ul style="list-style-type: none"> • Teacher checks all fire equipment is accessible before the start of each class
14	Furniture & equipment stacked safely and away from participants	<ul style="list-style-type: none"> • Risk of injury to participants & visitors 	<ul style="list-style-type: none"> • Teacher checks furniture is safely stacked and moves furniture and equipment as necessary
15	Space is safe, clear, clean and free of obstructions	<ul style="list-style-type: none"> • Risk of injury to participants & visitors 	<ul style="list-style-type: none"> • Teacher checks space is clear and moves obstructions as necessary • Also see Co-Vid risk assessment
16	Premises are heated and well ventilated	<ul style="list-style-type: none"> • Risk of injury to participants & visitors 	<ul style="list-style-type: none"> • Teacher arrives early at premises before classes start and ensures premises are adequately heated and ventilated • Also see Co-Vid risk assessment
17	Working at height to decorate premises or to access windows for ventilation	<ul style="list-style-type: none"> • Risk of injury to teacher or other helpers 	<ul style="list-style-type: none"> • Discuss best way to access heights with venue

18	Electricity	<ul style="list-style-type: none"> • Risk of electric shocks or burns from faulty equipment 	<ul style="list-style-type: none"> • Portable equipment checked for visible signs of damage before use
19	Vehicle movement	<ul style="list-style-type: none"> • Risk of injury to participants & visitors 	<ul style="list-style-type: none"> • Car park is well lit • Any obstructions in car park are easily visible & tidy • Speed limits are in force in car park • One way system of entry and exit to the car park
20	Safeguarding of all participants	<ul style="list-style-type: none"> • Unauthorised access to classes 	<ul style="list-style-type: none"> • Secure entry code access to the venue
Co-Vid Risk Assessment: steps taken to minimise and protect participants and visitors to class from coronavirus			
Overall risk			
21	Guidelines are updated frequently	<ul style="list-style-type: none"> • Failure to understand and implement new government guidance 	<ul style="list-style-type: none"> • Sign up for daily emails alerting of any updates and/or changes to current guidance
22	Poor communication	<ul style="list-style-type: none"> • Participants and visitors do not understand new and updated processes and procedures for attending class 	<ul style="list-style-type: none"> • Regular communication of updated processes and procedures • Visual signage of new and updated processes and procedures • Inviting discussion of queries and concerns of new processes and procedures
23	Teacher or Participants are unwell when they attend class	<ul style="list-style-type: none"> • Increased risk of permission 	<ul style="list-style-type: none"> • Pre class communication reminders about circumstances in which they should not attend class • Teacher takes temperature before attending class • Participant temperature is taken upon arrival • If any participant's temperature is above 37.8C, they will not be permitted to attend class

			<ul style="list-style-type: none"> • Participants are asked to confirm neither they or anyone they have come into contact with during the last 10 days have symptoms • Teacher undertakes regular (twice weekly) Co-Vid Lateral Flow Device (LFD) testing
Social Distancing Risk Assessment			
24	Travel to and from class	<ul style="list-style-type: none"> • Increased risk of transmission due to close proximity 	<ul style="list-style-type: none"> • Advise that families should travel separately
25	Entry & Exit	<ul style="list-style-type: none"> • Participants & visitors at greater risk of transmission due to proximity 	<ul style="list-style-type: none"> • Restrict attendance on site to one parent for each family attending • Advise mask wearing for all those over 11 years until class starts • One way entry and exit • Participants advised to check in via NHS QR Code Poster
26	Contact with others	<ul style="list-style-type: none"> • Increased risk of transmission • Harder to track and trace if a Co-vid case is identified 	<ul style="list-style-type: none"> • Maximum of 6 families, with only one adult being able to join each class to comply with current social distancing requirements • Half term bookings to minimise social contact
27	Mat placement	<ul style="list-style-type: none"> • Increased risk of transmission due to close proximity without mitigation measures 	<ul style="list-style-type: none"> • 2 metres distance between individual mats/family groups of mats • Advise to stay on mats as much as possible
28	Voice projection	<ul style="list-style-type: none"> • Increased risk of infection due to transmission 	<ul style="list-style-type: none"> • Certain yoga activities will only be limited and only practised in class if appropriate social distancing measures are in place, including chanting, singing, forceful breathing exercises
29	Fire & other evacuation	<ul style="list-style-type: none"> • Increased risk of infection due to proximity 	<ul style="list-style-type: none"> • Social distancing requirements will be relaxed in the interests of personal safety during

			evacuation and reinstated at the relevant meeting point(s)
Hygiene Risk Assessment, including venue Risk Assessment			
30	Unclean building and surfaces	<ul style="list-style-type: none"> Increased risk of infection due to contaminated surfaces 	<ul style="list-style-type: none"> Doors propped open by teacher Doors left open as far as possible with regard to safeguarding Regular cleaning of all hard floors, frequently touched surfaces and other areas – see detailed cleaning processes Participants to sanitise hands on entry to venue and before exit Sanitising ‘station’ set up in class Proper hand washing signs in all toilets See cleaning process after potentially infected person has left the area
31	WOCY yoga mats & equipment used and shared for class	<ul style="list-style-type: none"> Increased risk of infection due to contaminated surfaces 	<ul style="list-style-type: none"> Participants are advised to bring their own yoga mats & equipment Participants are advised to bring their own hygiene products, including hand sanitiser & tissues
32	Accessing non-class related areas and facilities in the school	<ul style="list-style-type: none"> Increased risk of infection due to contaminated surfaces 	<ul style="list-style-type: none"> Pre class email reminding participants of restricted access In class reminders not to access additional school areas and facilities
33	Poor respiratory hygiene	<ul style="list-style-type: none"> Increased risk of infection due to contaminated surfaces 	<ul style="list-style-type: none"> Encourage ‘catch it, kill it, bin it’ practises with tissues, bin and hand gel on a table at the back of class

34	Poor ventilation	<ul style="list-style-type: none"> Increased risk of infection due to transmission 	<ul style="list-style-type: none"> Doors propped open as far as possible with regard to safeguarding Windows opened for good ventilation
Medical Risk Assessment			
35	Physical wellbeing impacted due to restricted access to schools, outdoor spaces and people	<ul style="list-style-type: none"> Increased risk of injury Lower energy & concentration levels Increased anxiety & frustration 	<ul style="list-style-type: none"> Programme designed to build strength, flexibility & resilience over time
36	Mental well being impacted due to isolation and anxiety about coronavirus	<ul style="list-style-type: none"> Increased levels of stress, anxiety & depression Lower levels of engagement 	<ul style="list-style-type: none"> Class content, structure and activities to include fun and games Breathing, mindful, visualisation and relaxation exercises continue to be included in a socially distant and hygienic way
37	Participant shows signs of Co-Vid infection	<ul style="list-style-type: none"> Increased risk of transmission 	<ul style="list-style-type: none"> Participants asked to return home and take a Co-Vid Test Follow up with participants for confirmation of Co-Vid Test results

<p>Emergency Procedures:</p> <ol style="list-style-type: none"> If Co-Vid Symptoms, ask participants to return home and take a Co-Vid test Conduct First Aid as required Contact Emergency Services Depending on injury, stabilise patient and wait for ambulance or move patient to an appropriate location to recover 	<p>Participant Introduction:</p> <ol style="list-style-type: none"> Theme & Objectives Behaviour expectations Fire Exits Warm Up/Game Skills demonstration & practise Breathing Massage Affirmations/Mudras/Relaxation/Visualisations 	<p>Participant Information:</p> <ol style="list-style-type: none"> Water, hand gel, yoga equipment Appropriate clothing At least one hour after meal Hair tied back, jewellery removed Medication if relevant Update on any injuries/changes to health
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5. In the event of serious injury, suspend activity until the incident can be investigated		
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