

Enlighten Yoga Risk Assessment  
Hart Space  
Children's workshop  
(in accordance with unit risk assessment)

IDENTIFYING THE RISK	RISK RATING	CONTROL MEASURES	OUTCOME
Slipping on a yoga mat/ floor	Low	<p style="text-align: center;">Use yoga mats provided at the Hart Space.</p> <p style="text-align: center;">Check floor for spills or debris before class.</p> <p style="text-align: center;">Encourage children to remove socks if they feel the mat is slippy.</p> <p style="text-align: center;">Learne to role model yoga barefoot.</p>	Low
Child hurt during physical movement	Low	<p style="text-align: center;">Appropriate yoga poses and movement to be selected to meet the children's needs, ages and abilities. Amendments to each pose offered.</p> <p style="text-align: center;">Advise appropriate clothing and footwear.</p> <p style="text-align: center;">Clear instructions and demonstrations of every pose/ movement.</p> <p style="text-align: center;">Avoid hands on adjustments. Clear instructions and encouragement. If safe alignment is suitable, use training techniques gently and ask children's permission.</p>	Low
Slips, trips, falls on stairs	Low	<p style="text-align: center;">Check stairs are clear of clutter on arrival.</p> <p style="text-align: center;">Parents to accompany children up the stairs on arrival and down the stairs on exit. Any use of stairs within the workshop, adults leading the class to supervise children.</p> <p style="text-align: center;">Children to use the handrail.</p>	Low
Slips, trips, falls, bumps in class	Low	<p style="text-align: center;">Clear rules and routines shared with children.</p> <p style="text-align: center;">Check for hazards before class begins.</p>	Low

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		<p style="text-align: center;">Attend to any spills as soon as they happen.</p> <p style="text-align: center;">Remind parents of suitable clothing and footwear on booking.</p> <p style="text-align: center;">Phone numbers of parents on register.</p> <p style="text-align: center;">First aid kit to be used if necessary.</p>	
<p style="text-align: center;">Kitchen area (no oven or anything present)</p>	Low	<p style="text-align: center;">All drawers and cupboards have child safety locks on them.</p> <p style="text-align: center;">No hot drinks to be out during class.</p> <p style="text-align: center;">Encourage children not to go in this area.</p>	Low
Fire	Low	<p style="text-align: center;">Unit has smoke alarms and fire extinguisher.</p> <p style="text-align: center;">Keep fire exits clear at all times.</p> <p style="text-align: center;">Keep any plugs not being needed switched to off.</p> <p style="text-align: center;">In the event of a fire alarm follow premises procedure.</p>	Low
Layout of room	Low	<p style="text-align: center;">Check everything used in prior class has been put away properly.</p> <p style="text-align: center;">Check all cupboards are closed and child safety locks are in place.</p> <p style="text-align: center;">Check plug sockets are still covered.</p> <p style="text-align: center;">Check items on storage units are safe and won't fall off.</p> <p style="text-align: center;">Clean up any debris left by previous class.</p>	Low
Water spills	Low	<p style="text-align: center;">Check for any prior spillage.</p> <p style="text-align: center;">Clean up spillage and indicate wet floor.</p> <p style="text-align: center;">Designate one area to keep water bottles and encourage children to come to the area to drink.</p>	Low
		Maintain register and head count.	

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Child leaving unsupervised	Low	<p>Leanne to monitor children entering and exiting class at drop off and pick up.</p> <p>Clear rules and routines for the class explained to children.</p> <p>Phone numbers for each parent/ guardian on register.</p> <p>Children to be supervised by leading adults.</p>	Low
Medical	Low	<p>Booking forms asked for medical information to be shared.</p> <p>Any medical information shared, Leanne to speak to parent directly.</p> <p>First aid kit brought onto site by Leanne.</p>	Low
Plug sockets	Low	<p>Plug sockets in reach of children are covered/ guarded.</p>	Low
Toilet	Low	<p>Check toilets are clean from prior use.</p> <p>Check toilet paper is available.</p> <p>Check light works.</p> <p>Check for any spillages and clean up appropriately before class.</p> <p>Children to inform adults when they want to use the toilet.</p> <p>Children to use the toilet one at a time.</p>	Low
Social media	Low	<p>Gain clear permission whether child can feature on photography of class or not in advance.</p> <p>Have this information clear on register and share with adults leading.</p>	Low

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Peer massage	Low	<p style="text-align: center;">Education point on consent for touch and allow all children to consent or withdraw from activity.</p> <p style="text-align: center;">Clear boundaries.</p> <p style="text-align: center;">Just hands on shoulders and back.</p> <p style="text-align: center;">No lotions, creams or oils to be used.</p> <p style="text-align: center;">Demonstrate clearly.</p> <p style="text-align: center;">Monitor for discomfort or signs of roughness.</p> <p style="text-align: center;">Intervene or stop when deemed necessary.</p>	Low
Crafting – cuts, choking	Low	<p style="text-align: center;">Clear rules and routines for crafting activities.</p> <p>Scissors to be child friendly and kept in a safe location until activity begins.</p> <p>Remind children to not put any crafting material in their mouths or around their necks.</p> <p>Remind children not to move around when crafting with scissors etc.</p> <p style="text-align: center;">Model and demonstrate craft.</p> <p style="text-align: center;">Assist children in making crafts.</p> <p style="text-align: center;">Craft adapted to age and ability of child.</p>	Low