

Happy You Yoga

Covid-19 Risk Assessment for Group Classes – September 2020

WHAT IS THE HAZARD?	WHO IS AT RISK?	WHAT IS ALREADY IN PLACE TO REDUCE THIS RISK?	WHAT OTHER MEASURES WILL BE TAKEN TO REDUCE THIS RISK?	WHO IS RESPONSIBLE?	WHEN WILL THEY BE COMPLETED?
CLEANLINESS OF VENUE	STUDENTS· TEACHER	THE VENUES USED BY HAPPY YOU YOGA ARE BEING THOROUGHLY CLEANED EVERY MORNING & EVENING BY THE VENUE CARETAKERS/CLEANERS.	TEACHER TO ENSURE THAT ANY DOOR HANDLES, LIGHT SWITCHES AND TOILETS USED BEFORE, DURING OR AFTER CLASS ARE CLEANED WITH ANTI-BAC WIPES.	TEACHER· STUDENTS· VENUE	TWICE DAILY.  AFTER EACH CLASS.
USE OF EQUIPMENT	STUDENTS· TEACHER	STUDENTS TO BRING THEIR OWN YOGA MATS WHERE POSSIBLE. AS WELL AS ANY BLANKETS THEY WISH TO USE.  TEACHER WILL PROVIDE ANY BLOCKS AND YOGA BELTS REQUIRED FOR PRACTICE IF NEEDED.	TEACHER TO ENSURE ANY LOANED EQUIPMENT E.G. BLOCKS, YOGA BELTS AND YOGA MATS ARE CLEANED BEFORE AND AFTER USE.  ANTI-BACTERIAL WIPES TO BE MADE AVAILABLE ON SITE FOR STUDENTS TO WIPE DOWN EQUIPMENT AFTER USE.	TEACHER· STUDENTS	BEFORE AND AFTER EACH CLASS.

Happy You Yoga

Covid-19 Risk Assessment for Group Classes – September 2020

<p><b>SAFETY OF ENVIRONMENT- RISK OF FALLS.</b></p>	<p>STUDENTS- TEACHER</p>	<p>STUDENTS TO PRACTICE ON THEIR YOGA MATS.</p>	<p>TEACHER TO GET TO THE VENUE BEFOREHAND TO CHECK THE AREA FOR ANY SPILLAGES, HAZARDS ETC. AND REMOVE AS REQUIRED.</p> <p>STUDENTS TO LEAVE ANY UMBRELLAS BY THE DOOR. WIPE FEET ON ENTRY AND REMOVE SHOES WHEN ON THEIR YOGA MAT.</p>	<p>TEACHER- STUDENTS</p>	<p>BEFORE CLASS.</p>
<p><b>INJURY TO STUDENT OR TEACHER DURING CLASS</b></p>	<p>STUDENT- TEACHER</p>	<p>TEACHER TO PLAN AND PREPARE A CLASS SUITABLE FOR THOSE ATTENDING.</p> <p>TEACHER TO KNOW AND BE AWARE OF ANY PRE-EXISTING CONDITIONS AND ADAPT THE CLASS TO SUIT THE STUDENTS.</p>	<p>TEACHER TO ASK AT THE BEGINNING OF CLASS IF THERE ARE ANY NEW ISSUES TO BE AWARE OF.</p> <p>TEACHER TO REMIND STUDENTS AT THE BEGINNING AND THROUGHOUT CLASS THAT THEY ARE TO PRACTICE IN A WAY</p>	<p>TEACHER- STUDENTS</p>	<p>HEALTH FORMS AND EMERGENCY CONTACTS COLLECTED AND REVIEWED BEFORE THE CLASS START TIME.</p> <p>TEACHER TO SPEAK TO</p>

Happy You Yoga

Covid-19 Risk Assessment for Group Classes – September 2020

		<p>TEACHER TO NOT DEMONSTRATE OR INSTRUCT ANY MOVEMENT THAT IS OUTSIDE OF THEIR OWN, OR THEIR STUDENTS' CAPABILITY.</p>	<p>SUITABLE FOR THEIR BODIES AND NOT TO GO PAST THEIR OWN LIMITS.</p> <p>TEACHER TO HAVE FIRST AID KIT WITH THEM. SHOULD AN INJURY OCCUR, TEACHER TO FOLLOW PROCEDURES AS PER FIRST AID TRAINING.</p> <p>EMERGENCY CONTACTS TO BE AVAILABLE FOR ALL STUDENTS AND TEACHER.</p>		<p>STUDENTS INDIVIDUALLY AS REQUIRED BEFORE CLASS.</p> <p>FIRST AID KIT CHECKED AND PREPARED A WEEK BEFORE.</p> <p>TEACHER TO CHECK IN WITH STUDENTS AT THE BEGINNING OF CLASS AND THROUGHOUT.</p> <p>TEACHER TO PLAN AND PRACTICE SEQUENCE AHEAD OF THE CLASS AND BE CONFIDENT TO DELIVER.</p>
<p><b>HYGIENE – PREVENTING THE TRANSMISSION</b></p>	<p>STUDENTS: TEACHER: THE</p>	<p>TEACHER TO KEEP UP TO DATE WITH THE CURRENT GOVERNMENT GUIDELINES.</p>	<p>TEACHER TO PROVIDE HAND SANITISER AND ANTI-BAC WIPES FOR USE</p>	<p>TEACHER: STUDENTS</p>	<p>BEFORE, DURING AND AFTER EACH CLASS.</p>

Happy You Yoga

Covid-19 Risk Assessment for Group Classes – September 2020

<p>OF DISEASE. INCLUDING AND IN PARTICULAR COVID-19</p>	<p>GENERAL PUBLIC</p>	<p>TEACHER TO COMMUNICATE TO ALL STUDENTS THE PROCEDURES AND GUIDELINES FOR EACH CLASS.</p> <p>THIS IS TO INCLUDE:          &gt; IF SHOWING ANY SYMPTOMS OF CORONAVIRUS. STUDENTS ARE NOT TO ATTEND. TEACHER WILL CANCEL CLASS IF THEY (TEACHER) ARE UNWELL.          &gt; STUDENTS TO WAIT OUTSIDE UNTIL THE YOGA TEACHER ASKS THEM TO COME IN.          &gt; TO USE A ONE-WAY SYSTEM WHERE INSTRUCTED.          &gt; SANITISER TO BE USED BEFORE ENTERING VENUE AND UPON EXITING.          &gt; MASKS ARE NOT COMPULSORY AS LONG AS SOCIALLY DISTANCING. HOWEVER, STUDENTS ARE</p>	<p>BEFORE AND AFTER THE SESSION.</p> <p>TISSUES AND BIN TO BE PROVIDED.</p> <p>TEACHER TO MARK OUT POSITIONS FOR YOGA MATS WHICH ENSURE STUDENTS WILL BE AT LEAST 2M APART.</p> <p>STUDENTS AND TEACHER TO USE THEIR OWN EQUIPMENT WHERE POSSIBLE.</p> <p>IF ANYONE SHOWS SIGNS OF CORONAVIRUS. THEY ARE TO BE SENT HOME IMMEDIATELY. CARETAKER/CLEANER OF VENUE TO BE INFORMED.</p>		
---	-----------------------	--	--	--	--

Happy You Yoga

Covid-19 Risk Assessment for Group Classes – September 2020

		<p>WELCOME TO WEAR THROUGHOUT CLASS IF THEY WISH TO.</p> <ul style="list-style-type: none"><li>&gt; STUDENTS TO USE OWN PROPS WHERE POSSIBLE.</li><li>&gt; ANY LOANED PROPS TO BE CLEANED BY THE TEACHER BEFORE EACH CLASS AND BY THE STUDENT AFTER USING.</li><li>&gt;STUDENTS TO ARRIVE ONLY 5 MINUTES BEFORE CLASS START TIME AND TO LEAVE ONCE THE SESSION HAS ENDED.</li><li>&gt;MATS POSITIONED 2M APART.</li><li>&gt;"CATCH IT. BIN IT. KILL IT"- STUDENTS AND TEACHER TO AVOID TOUCHING MOUTH. EYES AND NOSE AS MUCH AS POSSIBLE DURING CLASS. TISSUES TO BE USED AND PLACED IMMEDIATELY IN THE BIN. THEN WASH OR SANITISE HANDS.</li></ul>			
--	--	---	--	--	--