

Health & Safety Policy

Yoga & Yoga Therapy with Trish 

General Principles

- This policy explains what steps are taken to evidence a commitment to safe practice for all students
- This policy aims to highlight Trish's duty of care
- Trish understands that all aspects of health and safety are an on-going responsibility
- This policy should be read in conjunction with the Complementary and Natural Healthcare Council (CHNC) Code of Conduct, Ethics & Performance which Trish is bound by

Duty of Care

- Trish has completed 200 hour Yoga Teacher Training (2006) and a post-graduate Diploma in Yoga Therapy (2021)
- Trish is committed to on-going professional development and - to ensure a trauma-informed and shame-competent approach - has completed a Level 3 Qualification in Supporting Healing & Recovery After Sexual Violence (2023)
- Trish is registered with the Complementary and Natural Healthcare Council (CNHC) and the Yoga Therapists Association
- All offerings follow the Yogic principle of ahimsa (non-violence). Trish takes responsibility for her offerings and ensures that she stays within the scope of expertise and that lessons stay within the boundaries of the advertised sessions
- Generic contraindications will be highlighted/ modifications offered
- It is the clients responsibility to ensure any specific health conditions which may affect the practice are highlighted

Health Questionnaires and/or verbal screening

- In private practice - all students are invited to complete the Health Questionnaire before attending - if students decline, this is recorded
- For funded projects/ at events where this is not appropriate, a verbal health screening will be completed. For example ... "given the nature of the session,

everyone practises at their own risk and if there is any doubt in anyone's mind as to the suitability of the practice for them, they ought to seek advice from a health care professional"

- Regardless of the context and practices offered, Trish will ensure a regard for and observation of students

Maintaining Records

- Trish keeps a record of sessions including a lesson plan, for private practice - attendees and a record of any incidents and/or accidents(see below)
- All of Trish's therapy work adheres to Complementary and Natural Healthcare Council (CHNC) and Yoga Therapy Association registration requirements

First Aid Certificate

- Trish has completed numerous First Aid Trainings including First Aid at Sea, First Aid Outdoors, Delivering Basic First Aid in Schools and Mental Health First Aid Training. She is committed to updating her First Aid training

Insurance

- Trish has **Public Liability** and **Professional Indemnity Insurance**

Risk Assessments

- Trish does her best to ensure all venues and event spaces are safe
- Trish will work alongside venues with regard to the completion of and adherence to risk assessments. This includes demonstrating what is done to mitigate risk
- Trish will ensure that she is familiar with fire safety procedures and will ensure all adhere to these in the event of a fire
- Each venue has their own Health and Safety duties not only to Trish but to all who enter the building
- Clients have a responsibility to ensure their actions do not pose unnecessary risk to their own health and safety during any lesson or event
- Risk Assessment for Trish's Garden Shala - used for her therapeutic work - is available on request

Reporting Incidents & Accidents

- If a student suffers a minor injury during a yoga class, it is their responsibility to report this to Trish. A written record note will be made as soon as it is reasonable possible to do so
- The information recorded will include the name of the individual, the date and time of the incident, any action taken and by whom, any witnesses and the outcome
- If necessary and/or appropriate Trish will seek advice from afflicted bodies and/or insurers

RIDDOR

- The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995 (RIDDOR), place legal duty on employers, self-employed people and people in control of premises to report a range of serious injuries, diseases and occurrences.
- Where a teacher is self employed it is the teacher's responsibility to report a death, major injury or an event which results in a student being taken from the class venue to hospital
- A written record should be kept in line with procedures for Reporting incidents and accidents
- There is also a duty to report dangerous occurrences that do not result in injury but might have done so <http://www.hse.gov.uk/riddor/reportable-incidents.htm>
- A report should be made by calling the Incident Contact Centre (ICC) on 0845 300 99 23. The information recorded will be forwarded to the person reporting the incident with the opportunity to correct any errors or omissions
- If necessary and/or appropriate Trish will seek advice from afflicted bodies and/or insurers

This policy was written on 01/08/21 by Patricia Onderdonck-Young

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