RISK ASSESSMENT WIZARD



YOGA OR MINDFULNESS SESSIONS

Safety Guide

School Education

4	16	19
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Emotional Regulation

Supports emotional regulation and stress reduction.

Body Awareness

Improves balance, flexibility, and body awareness.

Focus & Learning

Enhances concentration and readiness for learning.

Self-Care Skills

Teaches breathing and relaxation techniques for self care.

KEY HAZARDS & CONTROL MEASURES

Form & Technique Injuries

- ✔ Qualified instructor leads sessions
- ✔ Age-appropriate poses selected
- ✔ Modifications offered for all abilities
- ✔ Warm-up and cool-down included

Slips & Falls

- ✔ Non-slip mats provided
- ✔ Clear floor space maintained
- ✔ Props stored safely when not in use
- ✔ Adequate spacing between participants

Environment

- ✔ Room temperature monitored
- ✔ Adequate ventilation ensured
- ✔ Water available for participants
- ✔ Rest breaks offered as needed

Medical Conditions

- ✔ Health conditions screened beforehand
- ✔ Inhalers and medications accessible
- ✔ Staff trained in first aid
- ✔ Emergency procedures in place

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Space

- [ ] Floor clear and clean
- [ ] Temperature comfortable
- [ ] Ventilation adequate
- [ ] Lighting appropriate

Equipment

- [ ] Mats clean and non-slip
- [ ] Props checked
- [ ] Audio working
- [ ] First aid kit available

Participants

- [ ] Health forms collected
- [ ] Conditions communicated
- [ ] Water bottles present
- [ ] Appropriate clothing

Supervision

- [ ] Instructor qualified
- [ ] Ratio appropriate
- [ ] Consent for adjustments
- [ ] Emergency plan known

RISK ASSESSMENT WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

Customizable

Add your branding & tailor to your needs

- ✔ Instant PDF & print-ready documents
- ✔ Store and update assessments online
- ✔ Add your logo & organization details
- ✔ Reuse and duplicate assessments
- ✔ Works on any device

Start Free at riskassessmentwizard.com

No credit card required - Try it free today