



# YOGA OR MINDFULNESS SESSIONS

Safety Guide

School Education

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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
- ✓ Modifications offered for all abilities
- ✓ Age-appropriate poses selected
- ✓ Warm-up and cool-down included

**Slips & Falls**

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

**Environment**

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

**Medical Conditions**

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

**PRE-SESSION SAFETY CHECKLIST****Risk Assessment**

- |  |   |
|--|---|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures |   |

**Space**

- |  |  |
|--|--|
| <input type="checkbox"/> Floor clear and clean | <input type="checkbox"/> Temperature comfortable |
| <input type="checkbox"/> Ventilation adequate  | <input type="checkbox"/> Lighting appropriate    |

**Equipment**

- |  |  |
|--|--|
| <input type="checkbox"/> Mats clean and non-slip | <input type="checkbox"/> Props checked           |
| <input type="checkbox"/> Audio working           | <input type="checkbox"/> First aid kit available |

**Participants**

- |   |  |
|---|--|
| <input type="checkbox"/> Health forms collected | <input type="checkbox"/> Conditions communicated |
| <input type="checkbox"/> Water bottles present  | <input type="checkbox"/> Appropriate clothing    |

**Supervision**

- |  |   |
|--|---|
| <input type="checkbox"/> Instructor qualified    | <input type="checkbox"/> Ratio appropriate    |
| <input type="checkbox"/> Consent for adjustments | <input type="checkbox"/> Emergency plan known |



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