

CHECKLIST

Pre-Class Safety Checklist

A few minutes checking your environment and student information can prevent many common accidents. Part of Managing Accidents and Incidents in a Yoga Class.

YOGAPROS

Last updated – September 2026

Written by Claire Campbell

Compliance & Safety



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◆ INTRODUCTION

This template provides a practical starting point for planning, recording, and reviewing your professional practice. Adapt it to suit your role, teaching environment, students, and any relevant legal, safeguarding, or insurance requirements.

◆ MANAGING ACCIDENTS AND INCIDENTS

Preparation is one of the best ways to reduce *risk*.

It may seem simple but taking a few minutes to check your environment and student information can prevent many common accidents. Preparation is one of the best ways to reduce risk. Create your own list, here are some pointers to get you started.

◆ BEFORE TEACHING, CONSIDER

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- ☐ Is the room free from hazards?
 - ☐ Are walkways clear?
 - ☐ Are the mats and equipment in good condition?
 - ☐ Do you know the emergency exits and the venue's emergency procedures?
 - ☐ Is a first aid kit available?
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- ☐ Do you have a charged mobile phone?
- ☐ Do you know the venue's address in case emergency services are required?
- ☐ Are up-to-date emergency contact details for all students accessible and stored securely?
- ☐ Have you reviewed any disclosed medical conditions of students?
- ☐ Do you understand the venue's incident reporting process and whom to notify on-site if needed?

IMPORTANT

This checklist is provided for general awareness, professional orientation, and reference only. It is an example of points you may wish to consider and is not exhaustive, nor is it a substitute for professional legal, tax, insurance, safeguarding, or other advice specific to your individual circumstances.

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*A Learning Hub resource from the Compliance
& Safety team — helping members teach with
confidence.*

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