

If an Accident Happens

Five steps for responding if a student is injured — and what to do when someone feels unwell. Part of Managing Accidents and Incidents in a Yoga Class.

YOGAPROS

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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.

◆ IF A STUDENT IS INJURED

Five steps, in *order*.

1. Stay Calm

Your response will help reassure everyone else in the room. Take a breath and assess the situation before acting.

2. Make the Area Safe

Prevent further injury by:

- Stopping the activity.
- Asking other students to move if necessary.
- Removing any hazards.
- Giving the injured person space.

3. Assess the Situation

Ask yourself:

- Is the person conscious?
- Are they breathing normally?
- Can they communicate?
- Do they appear seriously injured?
- Is immediate medical assistance needed?

Avoid making assumptions about the severity of an injury.

4. Provide Appropriate Assistance

Only provide first aid if:

- You have received appropriate training.
- It is safe to do so.

If the student is conscious and able to respond, ask for their consent before providing first aid, unless urgent action is required.

Stay within the limits of your competence. If you are unsure, seek professional medical assistance.

While first aid training is not required for the Balens member insurance policy, it is considered best practice and is encouraged for teachers, especially those who teach in venues without trained first aid staff.

5. Call Emergency Services When Necessary

Call emergency services immediately if someone:

- Is unconscious.
- Has difficulty breathing.
- Experiences chest pain.
- Has a suspected stroke.
- Has a seizure lasting longer than expected or repeated seizures.
- Suffers a serious head injury.
- Has significant bleeding.
- Has a suspected broken bone requiring urgent assessment.
- Shows signs of a severe allergic reaction.

If in doubt, seek medical advice rather than delay.

◆ MANAGING MINOR INJURIES

Small things, handled *well*.

Minor injuries may include:

- Small cuts.
- Minor sprains.
- Muscle strains.
- Bruising.

Encourage students to stop participating if continuing could worsen the injury.

Avoid diagnosing the injury or recommending specific medical treatment beyond your level of competence.

◆ IF SOMEONE FEELS UNWELL

Not every incident involves an *injury*.

A student may experience:

- Dizziness.
- Nausea.
- Low blood sugar.
- Anxiety.
- Overheating.
- Fatigue.

Help them move into a safe, comfortable position and monitor how they feel.

If symptoms do not improve or become worse, seek medical assistance.

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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