

CHECKLIST

Your Own Lone Working Checklist

Every teacher works differently. A starting point for the checks that keep you safe when you teach alone.

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.

◆ CREATE YOUR OWN LONE WORKING CHECKLIST

Every teacher works *differently*.

Every teacher works differently, your checklist might include:

◆ YOUR CHECKLIST MIGHT INCLUDE

☐ Someone knows where I'm teaching.

☐ My phone is fully charged.

☐ I know the venue address.

☐ I know the emergency exits.

☐ Emergency contacts are available.

☐ Client details have been recorded.

CHECKLIST

- ☐ My first aid kit is accessible.
- ☐ I have a safe way to travel home.
- ☐ I know whom to contact if something goes wrong.

◆ YOUR OWN ADDITIONS

What else belongs on your list, for the way you teach?

Review your checklist regularly as your teaching changes.

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.

YOGA PROS

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

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