

*What Should a **Risk Assessment** Include?*

A simple risk assessment usually follows five steps — from identifying hazards to reviewing your assessment.

YOGAPROS

Last updated – September 2026

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Compliance & Safety

A decorative graphic in the bottom right corner of the page. It features a large, solid purple circle representing a head, and a thick, dark purple shape representing a body in a yoga pose, specifically a standing balance pose with one leg raised and bent at the knee. The shape is composed of several geometric segments.

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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.

◆ THE FIVE STEPS

A simple risk assessment usually follows *five* steps.

Step 1: Identify Hazards

Consider anything that could cause harm. Examples include:

- Slippery floors.
- Uneven outdoor surfaces.
- Trip hazards.
- Poor lighting.
- Faulty equipment.
- Overcrowded classes.
- Extreme temperatures.
- Poor ventilation.
- Inadequate emergency access.

Step 2: Decide Who Could Be Harmed

Think about everyone involved. For example:

- Students.
- Visitors.
- Children.
- Older adults.
- Pregnant students.
- People with disabilities.
- Venue staff.
- Yourself.

Some people may require additional consideration depending on their needs.

Step 3: Evaluate the Risk

Ask yourself:

- How likely is this to happen?
- What could happen if it did?
- What can I do to reduce the risk?

Focus on taking reasonable and proportionate steps rather than trying to eliminate every possible risk.

Step 4: Put Control Measures in Place

Control measures might include:

- Removing trip hazards.
- Checking equipment before use.
- Limiting class numbers.
- Providing clear instructions.
- Offering posture modifications.
- Ensuring emergency exits remain clear.
- Using appropriate signage where necessary.
- Asking students to disclose relevant injuries or health conditions.
- Carrying a first aid kit where appropriate.

Step 5: Review Your Assessment

Risk assessments should be reviewed:

- Annually.
- When teaching in a new venue.
- After an accident or near miss.
- If class numbers increase significantly.
- When introducing new equipment.
- When teaching a different student population.

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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