

CHECKLIST

Pre-Class Risk Assessment Checklist

Examples of things to ask yourself when actioning a risk assessment — environment, equipment, students, emergency planning, and professional practice.

YOGAPROS

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Written by Claire Campbell

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 stylized, angular purple shape below it representing a body in a yoga pose, possibly a Warrior II or a similar standing pose. The shape is composed of several straight lines meeting at sharp angles, creating a modern, geometric silhouette.

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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.

◆ BEFORE EVERY CLASS

Before every class, ask *yourself*.

This list provides some examples of things to ask yourself when actioning a risk assessment.
Before every class, ask yourself:

◆ TEACHING ENVIRONMENT

☐

The venue is clean and safe.

☐

Floors are dry and free from hazards.

CHECKLIST

- ☐ Walkways are clear.
- ☐ Emergency exits are accessible.
- ☐ Lighting is adequate.
- ☐ Ventilation and temperature are suitable.

◆ EQUIPMENT

- ☐ Mats and props are in good condition.
- ☐ Equipment is suitable for the class.
- ☐ Damaged equipment has been removed.

◆ STUDENTS

- ☐ Students have been encouraged to disclose relevant injuries or health conditions.
- ☐ The class is appropriate for those attending.
- ☐ Suitable adaptations can be offered.
- ☐ Students understand they should work within their own limits.

◆ EMERGENCY PLANNING

- ☐ I know the venue's emergency procedures.
- ☐ Emergency contact information is available if required.
- ☐ I know how to summon assistance if needed.
- ☐ I have access to a first aid kit where appropriate.

CHECKLIST

◆ PROFESSIONAL PRACTICE

- ☐ My insurance is current.
- ☐ I am teaching within my qualifications and scope of practice.
- ☐ I have planned the class appropriately.
- ☐ I understand my safeguarding responsibilities.

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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