

Risk Assessment Policy

At cheekymono, the safety and wellbeing of all participants is a priority. We are committed to providing safe, welcoming and inclusive yoga classes, workshops and events for children, families and adults.

As classes may take place in a variety of settings, including halls, classrooms, community spaces, parks and beaches, risk assessments are carried out before each session and adapted to suit the environment, age group and activity.

While every reasonable precaution is taken, participation in yoga and movement activities carries an inherent level of risk. Participants are responsible for practising within their own abilities and following instructions given during sessions.

General safety measures

cheekymono will:

- Carry out a visual risk assessment before each class or event.
- Ensure the space is suitable and free from obvious hazards.
- Hold appropriate Public Liability Insurance.
- Maintain relevant yoga qualifications and first aid awareness.
- Adapt activities according to age, ability and environmental conditions.
- Encourage participants to work at their own pace.
- Keep emergency contact information where appropriate.
- Have access to a basic first aid kit.
- Stop or modify activities if conditions become unsafe.

Participants and parents/carers are responsible for:

- Informing cheekymono of any medical conditions, injuries, allergies or additional needs before attending.
- Ensuring they or their child are physically able to participate.
- Following instructions and class guidance.
- Wearing suitable clothing.
- Bringing water where appropriate.
- Supervising children before and after sessions and throughout family classes.

Indoor classes and workshops

Indoor sessions may take place in halls, classrooms, studios or community venues.

Potential Hazards

- Slips, trips and falls.
- Uneven flooring or obstacles.
- Limited space between mats.
- Hot or cold room temperatures.
- Fire exits and emergency evacuation procedures.
- Furniture or equipment within the room.
- Allergies or medical emergencies.
- Behaviour that may affect the safety of others.

Control Measures

cheekymono will:

- Check the room before each session.
- Ensure mats are spaced appropriately.
- Remove or avoid hazards where possible.
- Keep exits clear and identify emergency procedures.
- Encourage calm and respectful behaviour.
- Adapt activities to suit the available space.
- Ensure equipment is used safely.
- Stop activities if safety becomes compromised.

Participants should:

- Stay on their own mat unless instructed otherwise.
- Listen carefully to instructions.
- Respect personal space and boundaries.
- Avoid running or unsafe behaviour.
- Inform the teacher immediately if they feel unwell or uncomfortable.

Outdoor classes and events

Outdoor sessions may take place in parks, gardens, beaches or other public spaces.

Potential Hazards

- Uneven ground.
- Slips, trips and falls.
- Weather conditions including heat, cold, wind or rain.
- Sun exposure and dehydration.
- Insects, plants or natural obstacles.
- Members of the public, dogs or wildlife.
- Water hazards.
- Traffic or nearby roads.
- Changing environmental conditions.

Control measures

cheekymono will:

- Assess the location before the session begins.
- Choose suitable areas away from obvious hazards where possible.
- Monitor weather conditions and cancel or adapt sessions if necessary.
- Encourage regular hydration and sun protection.
- Modify activities according to the terrain and conditions.
- Maintain awareness of surrounding hazards.
- Ensure participants remain within designated areas.
- Stop activities immediately if conditions become unsafe.

Participants and parents/carers should:

- Wear suitable clothing and footwear.
- Bring water, sunscreen and weather-appropriate layers.
- Supervise children closely at all times.
- Stay within the agreed practice area.
- Inform the teacher of any concerns or injuries immediately.

Behaviour and supervision

To help keep everyone safe:

- Children must remain with their parents or guardians during family sessions.
- Participants should listen to instructions and respect others.
- Running, pushing or disruptive behaviour should be avoided.
- Personal boundaries should be respected.
- Permission should always be sought before touching or assisting another child.
- Parents and guardians remain responsible for children before and after sessions and whenever a child leaves the main activity area.

Emergencies

In the event of an accident or emergency, cheekymono will:

1. Stop the activity if necessary.
2. Provide basic first aid where appropriate.
3. Contact parents, carers or emergency contacts if required.
4. Contact emergency services (999) where necessary.
5. Record incidents and review procedures to minimise future risks.

Dynamic risk assessment

As classes and events take place in different venues and environments, cheekymono operates a dynamic risk assessment approach. This means conditions are continually

monitored and activities may be adapted, paused or cancelled if safety cannot be reasonably maintained.

Related documents

Please also refer to:

- Safeguarding Policy
- Terms and Conditions
- Participant Registration and Waiver Form
- Public Liability Insurance Certificate
- Yoga Qualifications and Accreditation
- Privacy Policy

Policy review

This policy will be reviewed regularly and updated as required.

Last reviewed: June 2026

Next review due: December 2026