

Risk Assessment for Yoga

Instructor: George Adams

Health and Safety Rules

This Yoga session is part of the Peaceful Futures Project.



If someone has a serious medical condition they should ask George and check this out with a Doctor before they begin these sessions.

These are Zoom yoga relaxation sessions lasting up to 1 hour.

This is not a class where first aid can be given; it is an online Zoom session.

The risk is low; there is little chance of incident or serious injury.

BUT members should do only what they feel is right for their bodies and understand that they do yoga at their own risk.

Anybody who does not have capacity to make this decision should be supervised by a PA (Personal Assistant).

Please remember

1. Members must wear suitable clothing, check with George if you are not sure
2. Members must make sure that the area where they are doing the yoga is clean, tidy and free of hazards.

3. Members must make sure that the chair they are sitting on is strong.
4. Members must stop and rest if they feel the activity is too much for them.
5. Members must ask George if they are unsure about anything and stop if they feel any pain.
6. In the unlikely event of an injury, if you are alone, contact your GP or NHS 111 to ask for advice.
7. Members should make sure they have a drink available.
8. Enjoy the session and relax!

The Speakup Peaceful Futures Team February 2025