



Yum Yoga Limited Policies

Health and Safety Policy

Yum Yoga Limited considers health and safety to be of utmost importance. We comply with The Health and Safety at Work Act 1974 and the Workplace (Health, Safety and Welfare) Regulations 1992 at all times.

Yum Yoga Limited has appropriate insurance cover.

Yum Yoga Limited staff follow the **Health and Safety** policy and commit to:

- Maintaining a safe environment
- Taking reasonable care for the health and safety of themselves and others attending Yum Yoga sessions.
- Reporting all accidents and incidents which have caused injury or damage or may do so in the future
- Undertaking relevant health and safety training when necessary.

Responsibilities of the owner

Yum Yoga Limited will ensure that:

- All staff and volunteers receive information on health and safety matters, and receive training where necessary
- The **Health and Safety** policy and procedures are reviewed regularly
- Staff and volunteers understand and follow health and safety procedures
- Resources are provided to meet the Yum Yoga's health and safety responsibilities
- All accidents, incidents and dangerous occurrences are properly reported and recorded. This includes child protection agencies and the Health and Safety Executive under RIDDOR (Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995) where appropriate.
- All reported accidents, incidents and dangerous occurrences are reviewed, so that preventative measures can be taken.

Responsibilities of Yum Yoga's Leader

Yum Yoga Limited's Leader is responsible for ensuring that at each session:

- The hall is clean, well lit, adequately ventilated and maintained at an appropriate temperature
- The hall space is used solely by Yum Yoga, when children are present
- All Yum Yoga's equipment is safely and securely stored
- A working telephone is available on the premises at all times (Charlotte Course's mobile phone if no phone at the Church hall available)
- Daily environment checks are carried out before each session

Security

Children are not allowed to leave the session premises during the session unless prior permission has been given by the parents.

During Yum Yoga sessions all external doors are kept locked as much as physically possible (Church members and other groups may be using the building but will require a key to enter the

main building), with the exception of fire doors which are alarmed. Staff monitor the entrances and exits to the premises throughout the session, as the building is used by other groups.

Security procedures will be regularly reviewed.

Equipment

All equipment will be kept clean, well maintained and in good repair. We select equipment and resources with care, and assess their suitability before the children are allowed to use them. Broken equipment is disposed of promptly.

We ensure that any flammable equipment is stored safely.

Personal hygiene

We maintain high standards of personal hygiene, and take all practicable steps to prevent and control the spread of infection.

- A generally clean environment is maintained at all times.
- Waste is disposed of safely.
- Cuts and abrasions (whether on children or staff) are kept covered.

Dealing with body fluids

Spillages of blood, vomit, urine and faeces will be cleaned up immediately or as quickly as physically possible.

Staffing levels

Levels of supervision are always appropriate to the number, ages and abilities of the children present, and to the risks associated with the activities being undertaken.

This policy was adopted by: Yum Yoga Limited	Date: 29/11/2019
To be reviewed: 29/11/2020	Signed: Charlotte Course