

Chudography Yoga Teacher Training

Health and Safety Policy

Purpose

The purpose of this policy is to provide a safe, healthy and supportive learning environment for all students, tutors, guest teachers and visitors attending the Chudography Yoga Teacher Training.

This policy outlines the shared responsibilities for maintaining physical safety, emotional wellbeing and professional practice throughout the course.

Chudography Principle

At Chudography, we believe that people learn best when they feel safe.

Safety is more than preventing accidents. It is about creating an environment where people feel confident to ask questions, explore movement, learn from mistakes and develop as teachers without fear of judgement.

Everyone attending the training has a shared responsibility to contribute to a safe, respectful and supportive learning environment.

1. Our Commitment

Chudography is committed to:

- 1.1. Providing a learning environment that is safe, clean and suitable for teaching.
- 1.2. Taking reasonable steps to minimise foreseeable risks.
- 1.3. Complying with relevant health and safety legislation.
- 1.4. Reviewing risk assessments where appropriate.
- 1.5. Providing access to first aid equipment.
- 1.6. Responding appropriately to accidents, incidents and near misses.
- 1.7. Promoting a culture of shared responsibility for health and safety.

2. Student Responsibilities

Students are expected to:

- 2.1. Take reasonable care of their own health and safety and that of others.
- 2.2. Follow all health and safety instructions given by tutors.
- 2.3. Practise within the limits of their own ability.
- 2.4. Inform tutors of any injury, illness or medical condition that may affect safe participation.
- 2.5. Wear suitable clothing for practical sessions.
- 2.6. Report any accidents, hazards or unsafe conditions immediately.
- 2.7. Use equipment responsibly and only for its intended purpose.

3. Safe Participation

- 3.1. Students are encouraged to work at a level appropriate to their own body and experience.
- 3.2. There is no expectation that students complete every movement or posture.

Students should:

- 3.3. Respect their own physical limits.
- 3.4. Modify or rest where necessary.
- 3.5. Seek guidance if unsure.
- 3.6. Avoid encouraging others to work beyond their own capabilities.
- 3.7. Learning to teach safely begins with learning to practise safely.

4. Practical Teaching

During practical sessions students are expected to:

- 4.1. Obtain consent before making physical contact.
- 4.2. Respect personal boundaries.
- 4.3. Follow guidance regarding physical adjustments.
- 4.4. Create a safe environment for teaching practice.
- 4.5. Consider the needs and abilities of those they are teaching.

5. Emergency Procedures

At the beginning of the course students will be informed of:

- 5.1. Emergency exits.
- 5.2. Fire evacuation procedures.
- 5.3. Assembly points.
- 5.4. First aid arrangements.
- 5.5. Emergency contact procedures.
- 5.6. Students are expected to follow all instructions given during an emergency.

6. Accidents and Incidents

6.1. All accidents, injuries, near misses and hazardous situations must be reported to the Course Director as soon as possible.

Where appropriate:

- 6.2. An Accident Report Form will be completed.
- 6.3. A Near Miss Report will be completed.
- 6.4. A risk assessment will be reviewed to reduce the likelihood of future incidents.

7. Health Information

7.1. Students are required to complete a confidential health questionnaire before the course begins.

7.2. Students are responsible for informing Chudography of any significant changes to their health that may affect their participation during the programme.

7.3. Health information will be managed in accordance with the Chudography Data Protection Policy.

8. Wellbeing

8.1. The course encourages self-awareness and reflection. Students are encouraged to recognise when they need to rest, seek support or adjust their participation.

8.2. While personal growth often occurs throughout the programme, the training is educational rather than therapeutic.

8.3. Students are encouraged to access appropriate healthcare or professional support where needed.

9. Alcohol, Drugs and Smoking

9.1. Students must not attend training under the influence of alcohol or non prescribed drugs that may impair their ability to participate safely.

9.2. Any prescribed medication that may affect safe participation should be disclosed where appropriate.

9.3. Smoking and vaping should only take place in designated areas during scheduled breaks.

Review

This policy will be reviewed annually to ensure it remains compliant with current legislation and aligned with the values of Chudography.