

Chudography Yoga Teacher Training

Risk Assessment Policy

Purpose

The purpose of this policy is to ensure that potential risks associated with the Chudography Yoga Teacher Training are identified, assessed and managed appropriately to create a safe learning environment for students, tutors, guest teachers and visitors.

The policy also introduces students to the importance of risk assessment as an essential professional responsibility when planning and delivering yoga classes.

Chudography Principle

At Chudography, we believe that safety begins with awareness.

A good yoga teacher is continually observing, adapting and making thoughtful decisions based on the people in front of them. Risk assessment is not simply a document completed before a class, it is an ongoing process of noticing, responding and creating an environment where people can move safely and confidently.

Developing this awareness is a fundamental part of becoming a responsible and professional yoga teacher.

1. Our Commitment

Chudography is committed to:

- 1.2. Providing a safe environment for learning.
- 1.3. Identifying and reducing foreseeable risks wherever reasonably possible.
- 1.4. Reviewing risk assessments regularly and whenever circumstances change.
- 1.5. Promoting a culture where safety is everyone's responsibility.
- 1.6. Encouraging students to report hazards, accidents and near misses.

2. Risk Assessments During the Training

Risk assessments will be completed where appropriate for:

- 2.1. Training venues.
- 2.3. Practical teaching sessions.
- 2.4. Equipment used during the course.
- 2.5. Workshops or external learning activities.
- 2.6. Any activity where additional risks have been identified.
- 2.7. Risk assessments will be reviewed whenever there is a significant change in venue, activity or circumstances.

3. Student Responsibilities

Students are expected to:

- 3.1. Take reasonable care of their own safety and that of others.
- 3.2. Follow health and safety guidance.
- 3.3. Report hazards or unsafe conditions immediately.
- 3.4. Use equipment responsibly.
- 3.5. Work within the limits of their own knowledge and competence.
- 3.6. Consider potential risks during teaching practices.

4. Learning to Assess Risk

4.1. Throughout the course, students will be introduced to practical risk assessment as part of becoming safe yoga teachers.

This includes considering:

- 4.2. The suitability of the practice space.
- 4.3. The needs and abilities of participants.
- 4.4. Environmental hazards.
- 4.5. Safe use of equipment and props.
- 4.6. Appropriate class planning and progression.
- 4.7. Individual modifications and adaptations.
- 4.8. Emergency procedures.
- 4.9. Students will be encouraged to develop the habit of continually observing and adapting their teaching to reduce unnecessary risk.

5. Dynamic Risk Assessment

5.1. Students will learn that risk assessment does not end when a class begins.

5.2. Effective teachers continually observe their students, recognise changing circumstances and adapt their teaching where necessary to maintain a safe learning environment.

5.3. This process of ongoing observation and decision making is known as dynamic risk assessment and forms an important part of the Chudography Teaching Framework.

5.4. Rather than asking, "Can my students do this posture?", we encourage future teachers to ask, "Is this the most appropriate choice for the people in front of me today?"

5.5. Good risk assessment is not about removing challenge. It is about making thoughtful decisions that support safe, meaningful and inclusive movement. This requires observation, communication and the confidence to adapt when needed. Developing these skills is an essential part of becoming an effective yoga teacher.

6. Reporting Hazards

Students should immediately report:

6.1. Unsafe equipment.

6.2. Hazards within the venue.

6.3. Accidents or injuries.

6.4. Near misses.

6.5. Any situation that could place someone at unnecessary risk.

6.6. Where appropriate, an Accident Report Form or Near Miss Report will be completed.

Review

Risk assessments will be reviewed regularly and following any significant incident, accident or change to teaching activities.

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

