

## Health & Safety Policy

Every Yoga teacher working training with Yoga & Pilates in Malaga is subject to the Health and Safety at Work Act 1974 and the Management of Health and Safety 1992. This guideline is an advisory note for tutors and trainee teachers sets out the basic responsibility tutors have to Yoga & Pilates in Malaga and their own students.

It is the policy of Yoga & Pilates in Malaga, so far as is reasonably practicable, to make all its teachers aware of their responsibilities regarding the running of Yoga Classes.

By law all employers have a duty to make their employees aware of the Health and Safety regulations pertaining to their place of employment. Even if you are a contractor rather than an employee, the prime responsibility is with the owner/landlord of the premises but safety is everyone's responsibility.

As a tutor or teacher you need to familiarise yourself with the Health & Safety precautions for the premises and all safe working practices in class activities. As a tutor/ teacher you have a responsibility to make sure that students are advised on suitable dress, to work on a stable, non-slip surface. Where equipment/apparatus/furniture is used for modifying postures, you have a responsibility to make sure it is suitable for the purpose, is stable and in good repair. The tutor also has a responsibility for reporting to both the their studio manager any broken or damaged fittings which may affect safe working practices.

Yoga & Pilates in Malaga has a duty to advise and assist all Yoga Teachers to carry out a safety audit on the premises and facilities where they teach.  
Adult Education / Community / Sports Centres etc.

When using Adult Education / Community / Sports Centres / etc, there may be specific information the tutors need that is relevant to the venue, but all tutors should make themselves aware of the regulations concerning the following areas:

- Parking Regulations
- Fire exits/Fire practices drills : ~ alarms and assembly points
- All the relevant safety rules and arrangements appertaining to the premises and to any statutory regulations.
- Report unsafe conditions or activities to the appropriate person responsible for safety
- Make proper use of any necessary safety measures, equipment, etc
- Do not interfere or misuse anything that is provided in the interest of health and safety
- Be aware of anyone whose personal or medical conditions may affect safe working.
- Ensure safety information is available
- Ensure you are aware of safety measures, appropriate to their areas of

responsibility.

- Be aware of the location of the nearest emergency phones
- Be aware of the system of reporting accidents and the location of the accident report log
- Be aware of the name(s) and location of any qualified First Aider(s) on the premises.

Note, all yoga Yoga & Pilates in Malaga teachers are accredited by Yoga Alliance UK, and are also bound by their health and safety requirements.

I \_\_\_\_\_ Yoga & Pilates in Malaga tutor / teacher have read, understand and accept to adhere to the health and safety parameters schedules above.

Date:        /        /