

Risk Assessment Guidelines for Kundalini Yoga.

As an Instructor of Kundalini Yoga your duty of care requires that you:

1, Seek the information that you need to teach your students in an informed way; this will include asking for information about the level of your students' experience, physical capacity and health AND observing students as you teach and adjusting your teaching according to your observations.

2, Take all reasonable steps to ensure a safe practice environment.

3, 1 & 2 (above) form the basis of 'risk assessment' in yoga, i.e. the factors specific to individual students that may create a risk of injury to them and the factors in the external environment that could also do so. Risk assessment is an ongoing responsibility. Students' personal circumstances and the environmental factors are constantly changing and you will need to be aware of such changes, however, you are not responsible for risks you could not have reasonably foreseen in accordance with your professional knowledge and training.

4, Where you identify a risk to your students it is your responsibility to take steps to remove it. This may be as simple as re-stacking furniture in your practice venue or ensuring that the heating is turned on early enough to ensure the room is adequately heated. Where you identify a serious risk that cannot be removed, you should not continue to teach in that environment. Your responsibility is the same whether you are employed or self employed. If you are employed and there are environmental risks that you cannot address, you should report them to your employing organisation and if they do not take steps to remove the risk you should cease to teach in the venue provided.

5 A simple checklist compiled for yourself provides evidence of the factors you have considered. Where a risk is identified a note of steps taken to reduce it should be kept as evidence. Date the original copy and any subsequent reviews and amendments.