

What are the hazards	Who might be harmed and how	What are you already doing?	What further action is necessary?	Who	When
Slips trips and falls	Students, teachers, visitors Uneven or ripped carpet Falling over equipment or furniture Slipping split liquid	Check the carpet is smooth and flat before each class Clear anything that has been left on the hall floor Mop up any spills promptly Ensure there are no trailing electrical wires	Ongoing checks before each class	Yoga teacher	Ongoing
Electricity	Students, teacher, visitors Electrical shock	Keep liquids away from electrical sockets Drinking water is in bottles rather than cups	Explain to new students and remind existing students once a month	Yoga teacher	Ongoing
Stored equipment	Student, teacher, visitors Equipment falling from height	No equipment for the class is stored above waist level	Ensure storage is at lower level	Yoga teacher	Ongoing
Manual handling	Student, teacher, visitors Injury when lifting chairs	Lift only one chair at a time	Explained to students when chairs are used	Yoga teacher	Ongoing
Hazardous substances / asbestos	None used in class				
Working at height	Not relevant to class				
Fire	Student, teacher, visitors Burns and injury due to fires	No smoking or flames allowed in the building Fire exits pointed out to new starters and reminders to regular students once a month Highlight fire procedure to students	Ongoing as needed	Yoga teacher	Ongoing

Social Distance	Student, teacher, visitors Keeping people 1/2m apart	Arrive 5 minutes before class Spaces marked for mats (with post it notes) 15 minutes between classes - all first class leave before second class enter Limit number of people in class - booked ahead Health chat either on phone, video call or with teacher in facemask One person into the hall at a time to set up	Ongoing as needed	Yoga teacher	Ongoing
Limit transmission by contact	Student, teacher, visitors Contact transmission	Encourage everyone to wash hands regularly (soap and water available) Students use own equipment or borrowed equipment used once and sanitised by teacher at home between uses (rare) Wipe door plates, money box etc between classes	Ongoing as needed	Yoga teacher	Ongoing
Limit transmission through air	Student, teacher, visitors Transmission through the air	Keep social distances No one in space directly in front of teacher No singing No forced exhale practices No partner work Limited number of people (and many will be the same people each week in the same class)	Ongoing as needed	Yoga teacher	Ongoing
Track and trace	Student, teacher, visitors Ability to alert if someone from class is ill	Instructed not to come to class if ill Refused entry if visibly showing symptoms I have contact information for all students I keep a register of who was in each class (including guests and pay as you go students)	Ongoing as needed	Yoga teacher	Ongoing
Communication	Student, teacher, visitors People not knowing what's expected	Information will be circulated to current students before they book their first class. The same information will be available on the website shantispirit.co.uk and will be posted up at the entrance to every class (along with the usual government guidance and warnings)	Ongoing as needed	Yoga teacher	Ongoing