Minimum supervision
At least 1 qualified instructor is to be present to run Yoga

Participant Requirements
Yoga is recommended for grade 4 and above.
It is strongly recommended that at least 1 group teacher/supervisor are present to assist with student behaviours.

Instructor Qualifications
All instructors and contractors hold at a minimum, one of the following qualifications/skills sets or other recognised skill sets/qualifications from another jurisdiction, along with mandatory First Aid/CPR and QLD Blue Card, working with children check.

- Inspired Kids Yoga Certificate / Kids Yoga in Lower Primary Cert
- Diploma in Children’s Services
- Cert III in Education Support
- Cert in Chair Yoga
- Adv Diploma in Meditation Therapy and Holistic Counselling

Through the use of well maintained equipment, training and accredited staff and sound operating procedures and policies “Balance and Flow Kids” control the “real risks” associated with this activity.
In assessing the level of risk, considerations such as the likelihood of an incident happening in combination with the seriousness of a consequence are used to gauge the overall risk level for an activity. The matrix below has been used as a guide to assist with developing the risk assessment:

<table>
<thead>
<tr>
<th>Likelihood</th>
<th>1 Insignificant</th>
<th>2 Minor</th>
<th>3 Moderate</th>
<th>4 Major</th>
<th>5 Critical</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Almost Certain</td>
<td>Medium</td>
<td>Medium</td>
<td>High</td>
<td>Extreme</td>
<td>Extreme</td>
</tr>
<tr>
<td>4 Likely</td>
<td>Low</td>
<td>Medium</td>
<td>High</td>
<td>High</td>
<td>Extreme</td>
</tr>
<tr>
<td>3 Possible</td>
<td>Low</td>
<td>Medium</td>
<td>High</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>2 Unlikely</td>
<td>Low</td>
<td>Low</td>
<td>Medium</td>
<td>Medium</td>
<td>High</td>
</tr>
<tr>
<td>1 Rare</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Low</td>
<td>Medium</td>
</tr>
</tbody>
</table>

**Risk Level**

<table>
<thead>
<tr>
<th>Risk Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>Little chance of incident or serious injury.</td>
</tr>
<tr>
<td>Medium</td>
<td>Some chance of an incident and injury requiring first aid.</td>
</tr>
<tr>
<td>High</td>
<td>Likely chance of a serious incident and injury requiring medical treatment.</td>
</tr>
<tr>
<td>Extreme</td>
<td>High chance of a serious incident resulting in highly debilitating injury.</td>
</tr>
<tr>
<td>Hazards/risks</td>
<td>Control measures</td>
</tr>
<tr>
<td>------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Biological material          | • Comply with HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions and Infection Control Guidelines. Students with open cuts and abrasions are to be removed from the activity and treated immediately. If bleeding cannot be controlled completely, the participant should not be allowed to return the activity. All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious.  
  • Have sufficient and suitable containment material (bandages, etc) available  
  • Ensure that personal items are not shared. |
| Animal bites/ diseases        | • Check area for ant nests if conducted outside  
  • Activity is conducted in an area free from poisonous plants and vegetation  
  • Constant assessment for snakes if conducted outside |
| Environmental conditions      | • Ensure students bring appropriate clothing  
  • Assess weather conditions before and during activity (e.g. temperature, storms)  
  • Check and assess surrounds for loose items, debris and hazards and suitability for participants.  
  • Consider hazards associated with types of fencing material, gates and other infrastructure.  
  • Yoga activity conducted either inside or in the shade outside |
| Physical Injury               | • Ensure trip hazards are not present in the activity area  
  • Communicate and demonstrate correct technique to minimise risk of injury  
  • Warmup stretching/games conducted prior to Yoga activity  
  • Rubber Yoga mats used to prevent slips on hard surfaces |
| Physical exertion             | • Ensure the suitability and competency of students participating in the activity  
  • Ensure regular consumption of water appropriate to the activity intensity and duration  
  • Constantly monitor students for fatigue and exhaustion  
  • Follow a programme of graded development in  
    - Basic physical fitness  
    - Skills of the activity |
<table>
<thead>
<tr>
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<th>Control measures</th>
</tr>
</thead>
</table>
| Students                      | • Special needs  
• High risk behaviours  
• Medical conditions  
• Student numbers           | • Obtain parental permission including relevant medical information  
• When students with medical conditions are involved, ensure that relevant medical/emergency plans and medications are readily available (insulin, Ventolin, Epipen etc...)  
• Where necessary, obtain advice from relevant advisory visiting teachers or specialist teachers  
• Ensure there is adequate adult supervision  
• Jewellery can be a serious hazard when undertaking many activities. All forms of jewellery should be considered in terms of the risk it presents for each activity. Procedures are in place to dissuade or protect (e.g. tape) the wearing of jewellery accordingly. |

**Emergency Procedures**

1. Conduct First Aid as required.  
2. Contact Emergency Services via mobile phone, radio.  
3. Depending on injury: Stabilise patient and await ambulance or remove patient to appropriate site to recover.  
4. In the event of serious injury, suspend activity until incident can be investigated

**Teacher/group leader responsibilities**

• Inform & liaise with Activity Staff regarding any potential issues with group  
• Listen to activity briefings and assist Staff in procedural aspects of session as required  
• Monitor & take charge of behavioural issues present if needed and attend to any pre-existing medical conditions

**Participant Briefing Instructor should cover:**

• Challenge by Choice Philosophy  
• Session Objectives  
• OH&S Brief  
• Safety Brief  
• Skills Demo & Practice

**Participant Requirements**

• Sunscreen, insect repellent  
• Medication (if relevant)  
• Water bottle  
• Fully enclosed shoes if outdoors, shoes can be removed indoors and hat if outdoors  
• Minimum of sleeved shirt that covers midriff when arms are raised  
• Shorts/leggings that preferably cover knees (to prevent grazes)  
• Hair tied back, jewellery removed