



Safeguarding Statement & Health Statement

Safeguarding Statement

I am committed to safeguarding and promoting the welfare of all children and young people who take part in my yoga sessions. I hold an enhanced DBS check, up-to-date safeguarding training, and appropriate first aid qualifications. All sessions are delivered in line with my Safeguarding & Child Protection Policy, and any concerns are recorded and reported in accordance with statutory guidance. Safeguarding is always my highest priority.

Health & Safety Statement

I am committed to providing a safe, supportive and inclusive environment for all yoga participants. Sessions are planned and delivered with care, appropriate risk assessments, and clear safety guidance. Participants are encouraged to work within their own limits and to inform me of any injuries, medical conditions or concerns prior to taking part. Health and safety arrangements operate alongside my Safeguarding Policy to ensure the wellbeing of all children, young people and adults involved.

Linked Safeguarding Reference

This Health and Safety Policy should be read in conjunction with my Safeguarding Policy. Where a concern involves both safety and welfare (for example injury, distress, or unsafe behaviour), safeguarding procedures take priority and are followed in line with local and statutory guidance.