



HEALTH AND SAFETY POLICY FOR SOUND HEALING SESSIONS

This policy outlines the measures taken to ensure the health and safety of all participants during a Sound Healing session.

Responsibilities:

- The facilitator is responsible for ensuring that all health and safety procedures are followed.
- Participants are expected to follow all instructions given by the facilitator and to report any health concerns.

Health and Safety Measures:

- Participants are asked to inform the facilitator of any medical conditions that may affect their participation in the session.
- The facilitator will ensure that the room and equipment are clean and free from any hazards.
- Participants are asked to bring their own mat or blanket and cushion for their comfort during the session.
- All participants must remove their shoes before entering the room.
- The facilitator will provide hand sanitiser and will encourage participants to use it before and after the session.
- In the event of an emergency, the facilitator will have a first aid kit readily available.

Conclusion:

By following this policy, we aim to create a safe and comfortable environment for all participants during a Sound Healing session. The facilitator reserves the right to modify this policy as needed to ensure the health and safety of all participants.