



Sound Bath

Health and Safety Policy

Responsibilities:

Facilitator:

- The facilitator is responsible for ensuring that all health and safety procedures are followed.
- The facilitator will ensure that the room and equipment are clean and free from hazards.
- The facilitator will ensure that there is a first aid kit readily available.
- Full Risk Assessment available to view upon request.

Participants: It is the responsibility of the participant to read the information given at the time of booking, to follow the instructions given by the facilitator and to report any health concerns.

1. Participant Health Requirements

- All participants must inform the facilitator of any medical conditions that could be exacerbated by the sound bath experience. This includes, but is not limited to, conditions such as severe mental health issues, epilepsy, vertigo, high blood pressure, or recent surgeries.
- Individuals with pacemakers or other therapeutic electronic devices should not participate due to the vibratory nature of the session.
- Pregnant individuals are advised to consult their healthcare provider before attending, particularly those in their first trimester. We would not recommend a sound bath in the first trimester of pregnancy.

2. COVID-19 Precautions

- Participants exhibiting symptoms of COVID-19 or who have tested positive within the last 10 days should refrain from attending.
- Face masks may be optional on-site however this is not something we would provide.



3. Equipment and Attire Guidelines

- Participants are required to wear suitable comfy clothing.
- It is recommended that participants bring items for comfort such as yoga mat, blankets or pillows but ensure they do not interfere with safety protocols.

By adhering to these health and safety policies, participants can ensure a safe and enjoyable experience during their sound bath experience.