



Floating 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 pool, 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 be in good health and free from any medical conditions that could be exacerbated by the floating 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.

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 but must be removed while on the water for safety reasons.



3. Safety During Sessions

- All participants must know how to swim or if not use the shallow pool if one is available. If there is no shallow pool available at the setting please inform the facilitator.
- All participants should adhere to weight limits set for hammocks or floating devices (commonly around 230 lbs).
- Minors under 16 years old must weigh at least 80 lbs and have a signed waiver from a parent or guardian. They must also be accompanied by an adult chaperone.

4. Equipment and Attire Guidelines

- Participants are required to wear suitable swimwear or form-fitting clothing that is zipper-free and remove all jewellery (including body piercings) to prevent damage to equipment.
- It is recommended that participants bring items for comfort such as 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 floating sound bath sessions.