

### What is it?

#### What is Duty of Care?

Children's Yoga Teachers have a 'duty of care' to ensure, as much as possible, that they have taken all reasonable steps to guarantee the safety and well-being of children they teach.

### Maintaining Duty of care

#### Maintaining a Duty of Care

Important aspects of duty of care include:

- Teaching at a level consistent with your specific training and expertise.
- Complying with professional requirements for Children's Yoga Teachers.
- Teaching students at an appropriate level for their age, physical capability and emotional maturity.
- Ensuring safety through modifying practices (where appropriate) for individual students.
- If unsure about certain conditions referring students to appropriate medical and other professionals, seeking expert advice and/or undertaking specialised training.
- Ensuring you have appropriate insurance coverage.
- Not discriminating on the basis of student diversity, such as gender and race.
- Having appropriate background clearance checks for working with children.

### Risk Assessment

#### Risk Assessment

Your duty of care includes risk assessment - i.e. identifying any factors related to individual students that may create an increased risk of injury in your classes:

- Obtaining relevant background information to teach your students in an informed way, such as their previous yoga experience, physical capabilities and health.
- Observing students in class and modifying your teaching according to what you observe.
- Taking all reasonable steps to ensure a safe practice environment (e.g. clearing furniture or other obstacles before class).
- Compiling a simple checklist to provide evidence of factors considered and where risk is identified making a note of steps you have taken to reduce it.

### Emergency procedures and reporting

#### Emergency Procedures, Reporting Incidents/Accidents:

If a student becomes unwell or suffers injury, you should make a record of it (at that time or immediately after the yoga class).

If you work for an organisation, they should have specific procedures for reporting accidents, and in the event of any emergency.

If you are self-employed then you should:

- put your own procedures in place for reporting incidents/accidents and make students aware of emergency exits from buildings and meeting points.
- have a simple checklist of what actions you would take in an emergency.
- keep a register of who attends your class - in the case of emergency the register will help ensure that everyone is accounted for.

### Record keeping

#### Summary of Records to Keep:

1. Checklist for risk assessment.
2. Records of yoga experience and physical capacity of students - (questionnaire document).
3. Records of accidents/incidents.
4. Lists of class attendance.
5. Checklist for emergency procedures.