

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## YOGA

Yoga is a group of ancient spiritual practices from India, often thought of as disciplines of asceticism and meditation. Outside India, where there is a strong emphasis on individualism, yoga has become primarily associated with the health benefits of the practice of asanas (postures) of Hatha Yoga.

Risk Factor Rating

2

### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified yoga instructor or a yoga practitioner capable of demonstrating the competencies required for certification as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in yoga

Safety rules and procedures are learned prior to participation

Skills/movements are learned in proper progression

Program adheres to basic fitness and training principles

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

### Supervision

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **on-site supervision** during initial instruction

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

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### Facility

Activity area is free of hazards/debris  
Proper lighting and ventilation, when applicable, are provided  
Instructions for use of facility are posted  
Emergency exit of indoor facility is clearly marked

### Equipment

Equipment to be used is suitable and in good condition  
Mats are cleaned regularly  
Instructions are given regarding the proper maintenance/storage of equipment  
First aid kit and phone are available

### Clothing/Footwear

Classes are conducted in bare feet, unless otherwise instructed  
Jewelry is removed or secured when safety is a concern  
Appropriate clothing is worn, permitting unrestricted movement  
Clothing must meet requirement of the club

### Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program  
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program  
Registration in an accident insurance plan is encouraged  
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional  
The activity is suitable to the student's age, ability, mental condition, and physical condition  
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate  
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher