

# Roding Valley u3a

## Chair Yoga

### Health and Safety Guidelines

#### 1. PERSONAL RESPONSIBILITY

Members are advised that they are personally responsible for their own safety when attending the class. The ethos of the u3a is 'shared learning'- everyone within an interest group - from the facilitator to the members is a volunteer. Therefore - it's a mutually beneficial relationship where everyone takes responsibility for themselves.

#### 2. EMERGENCY CONTACT DETAILS

All members attending the class should provide the group leader with their emergency contact details.

#### 3. WHAT TO WEAR

All members must remove loose jewellery before starting any exercises.

All members must wear appropriate clothing and footwear. Clothing must allow members to stretch easily.

#### 4. WHEN TO EAT

It is best to exercise on an empty stomach, so an early light breakfast is recommended. It's not a big deal. Members must keep to their normal regime for any health reasons.

#### 5. PHYSICAL ABILITY

All members must make the group leader aware of any illnesses that may impact their participation and what actions should be taken if illness occurs.

Members MUST NOT undertake any exercise unless they are physically capable of completing that exercise without risk of harm to themselves or others.

#### 6. SERIOUS INCIDENTS

All members must be aware that in the event of a serious incident, they should call emergency services even if there is a trained first aider present.

#### 7. PERSONAL ITEMS

All items of personal property (e.g. coats, and bags) must be placed behind the chairs at the side of the room.

Water bottles and similar items must also be kept away from the area where the class is being undertaken.

#### 8. ACCIDENTS

All accidents, however small, must be reported to the Roding Valley u3a Chairman, using the correct incident form. A copy is available on the website. [RV-u3a-incident-form-19-1-25.docx](#)

#### 9. MOBILITY AIDS

Any mobility aids must be placed in such a manner that they do not create a trip hazard to either the owner or any other member of the class.

#### 10. EQUIPMENT

If a member is not sure how to use a piece of equipment, they MUST ask the leader of the session for help.

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