

<b>Location:</b>	Leicester Outdoor Pursuits Centre	<b>Date of Assessment:</b>	04/05/17	<b>Last Reviewed:</b> March 21	<b>Name of Assessor:</b>	Bhavesh Ramji
<b>Activity:</b>	Yoga / Stand Up Paddleboard Yoga	<b>Assessment Reference No:</b>	4.68		<b>Signature of Assessor:</b>	

ITEM/ HAZARD	CONTROL MEASURES
Sprains and strains from over stretching	<ul style="list-style-type: none"> <li>Mention in the intro brief that everyone's body is different and that the activity we do has an impact on the body. We are not looking for the full expression in a posture but your own personal best expression. Listen to your own body, start gently, no pain should be felt. If there is then ease off a bit from the posture.</li> <li>Instructor should teach to a level of experience and physical capacity of their students.</li> <li>Offer easier modification to postures as needed.</li> <li>If there is any shaking due to stretching, recommend easing off in the posture.</li> <li>Ask and be aware of any injuries within the group.</li> </ul>
Falling over in balancing postures	<ul style="list-style-type: none"> <li>Mention a balancing posture is all about one's focus, however, if you have lost balance and are about to fall over, place the other foot or arms down to regain balance.</li> <li>Use of a yoga mat is recommended.</li> <li>Use a spotter if needed with younger children.</li> </ul>
Incorrect alignment in a posture leading to injury over time	<ul style="list-style-type: none"> <li>Be aware of basic alignment within yoga; shoulders kept low away from ears, extend, lengthen and keep the spine long, not allowing the knees to overshoot the ankles/toes in a posture. Be aware of alignment knowledge as per posture.</li> <li>Instructors only teach the postures that they have knowledge of, or seek knowledge as needed to do so.</li> <li>Observing students as you teach specifically looking at alignment and adjusting your teaching according to your observations. Ensuring correct alignment in the posture.</li> </ul>
Stand Up Paddleboard Yoga	<ul style="list-style-type: none"> <li>As the environmental conditions are cooler here, an emphasis in not over stretching has to be made.</li> <li>Spend more time on warm ups to prepare the body.</li> </ul>
Group control/ Fixed lines	<ul style="list-style-type: none"> <li>Use of fixed lines to secure the boards while doing a yoga session on the river so the group does not get blown or moved away.</li> <li>Make group aware of the fixed lines in the water: there to secure the position of the boards and to stay clear of them.</li> <li>Instructor to use a retractable anchor to secure the position of their board.</li> <li>Board leashes to be worn- unless there is a visible current.</li> </ul>
Falling off boards into the water	<ul style="list-style-type: none"> <li>Participants must sit or kneel on the boards when in close proximity to the bank.</li> <li>Instructors to warn participants of the dangers of paddling near each other should someone fall off and collide with another board and keep the group generally spread out to avoid this happening.</li> <li>If instructor feels the group may struggle, helmets could be used to help protect heads.</li> <li>Instructors to choose the level of difficulty suited to the groups' competence. Starting with sitting or lying down, working their way up.</li> <li>Buoyancy aids to be worn during session, by or on the river.</li> <li>If someone has fallen off the board, the instructor to assist getting back on if needed.</li> <li>Be aware that falling in the water makes the body cold again. So then to simplify yoga practice or offer modification to the postures to these individuals.</li> </ul>

	<ul style="list-style-type: none"><li>▪ Instructor must have extra vigilance over the group looking for signs of hypothermia.</li></ul>
Further risks	<ul style="list-style-type: none"><li>▪ All risks should be minimised by continual appraisal of participants' condition, the environment and equipment through dynamic risk assessment by the staff members involved.</li><li>▪ Some risks still remain but every care must be taken to minimise these.</li></ul>