



Charlton Yoga Safeguarding Policy

1. Purpose:

This policy outlines the commitment of Charlton Yoga to safeguarding the wellbeing, dignity, and rights of all adult participants in yoga classes. Charlton Yoga is committed to managing its services in a way which minimises safeguarding risks to class participants.

2. Scope:

This policy applies to all yoga classes, workshops, and related activities conducted by Charlton Yoga and instructors. It covers working with adults who are not considered vulnerable.

3. Principles:

- Promote a safe and inclusive environment.
- Respect the rights, dignity, and boundaries of all participants.
- Prevent and respond to any safeguarding concerns promptly and effectively.

4. Roles and Responsibilities:

- **Instructor:** Responsible for maintaining a safe environment, identifying safeguarding concerns, and taking appropriate action.
- **Participants:** Encouraged to report any concerns about their safety or the safety of others.

5. Safeguarding Measures:

- **Creating a Safe Environment:**
 - Ensure physical spaces are safe, clean, and accessible.
 - Promote mutual respect and inclusivity.
- **Boundaries and Conduct:**
 - Obtain consent before any physical adjustments.
 - Maintain professional boundaries and avoid inappropriate behavior or relationships.
- **Confidentiality:**
 - Handle personal information with care and confidentiality, disclosing only when necessary to protect someone from harm.

6. Responding to Concerns:

- **Recognize:** Be aware of signs of abuse or distress.
- **Respond:** Listen non-judgmentally, reassure the individual, and avoid making promises about confidentiality.
- **Report:** Share concerns with appropriate authorities if someone is at immediate risk.

7. Training and Awareness:

- Regularly review safeguarding knowledge and best practices.
- Attend safeguarding training as needed.

8. Review:

This policy will be reviewed annually or sooner if there are significant changes in safeguarding guidance or practices.

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