

Health and Safety Policy - Exclusive Excursions Yoga Retreats

1. Introduction

At *Exclusive Excursions/ the UnionE*, the health and safety of our participants are paramount. This Health and Safety Policy outlines the safety measures and guidelines implemented during our yoga retreats to ensure a secure and enjoyable experience for all.

2. Participant Health Requirements

2.1 Pre-Event Health Assessment:

- Participants are required to complete a pre-event health assessment as well as participant waiver and release of liability to inform our team of any existing medical conditions, injuries, or dietary restrictions that may impact their participation. This information will be kept confidential.

2.2 Medical Clearance:

- Participants with known medical conditions or concerns may be required to provide medical clearance from a healthcare professional to ensure their ability to engage in yoga sessions and related activities.

3. Emergency Procedures

3.1 Emergency Contact Information:

- Participants must provide accurate emergency contact information during registration. This information will be kept on file and used in case of an emergency.
 - **Emergency Evacuation Plan:**
- *Exclusive Excursions/ The UnionE/ Leah Elizabeth Wangugi* has a clearly defined emergency evacuation plan for each retreat location. Participants will be briefed on evacuation procedures upon arrival.

3.3 First Aid and Medical Assistance:

- Trained first aid personnel will be available at every retreat location. In the event of a medical emergency, participants will receive prompt assistance, and emergency medical services will be contacted if necessary.

4. Yoga Session Safety Measures

4.1 Qualified Instructors:

- All yoga sessions will be led by certified and experienced yoga instructors to ensure proper guidance and minimize the risk of injury.

4.2 Adaptations and Modifications:

- Instructors will provide adaptations and modifications to accommodate participants with varying fitness levels, experience, or physical limitations.

4.3 Equipment Safety:

- Participants are encouraged to use yoga equipment provided by *Exclusive Excursions*. All equipment is regularly inspected and maintained for safety.

5. Hygiene Measures

5.1 Sanitization:

- *Exclusive Excursions* is committed to maintaining a clean and hygienic environment. Participants are encouraged to practice good hand hygiene, and sanitization stations will be available throughout the retreat location.

6. Communication of Safety Information

6.1 Pre-Retreat Briefing:

- Participants will receive a pre-retreat briefing that includes important safety information, emergency procedures, and any specific health and safety guidelines related to the retreat location.

6.2 On-Site Information:

- Information regarding emergency procedures, first aid locations, and other safety measures will be prominently displayed at the retreat venue.

7. Participant Responsibility

7.1 Personal Responsibility:

- Participants are responsible for their own safety and must adhere to all safety guidelines provided by *Exclusive Excursions*. Any concerns or incidents should be reported promptly to the retreat staff.

8. Policy Review and Updates

8.1 Regular Review:

- This Health and Safety Policy will be regularly reviewed and updated to reflect any changes in safety standards or retreat procedures.

9. Contact Information

For any health and safety concerns, participants can contact:

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