

Health & Safety Policy

My Pilates House

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1. Policy Statement

At **My Pilates House**, we are committed to providing a safe, supportive and welcoming environment for all clients, staff and visitors. We prioritise wellbeing, injury-prevention and professional standards in the delivery of reformer Pilates and movement-based services.

Our aim is to:

- Maintain a safe and hygienic studio space
- Prevent injuries and accidents through careful instruction and equipment management
- Ensure all instructors are qualified, insured and trained in first aid and emergency procedures
- Promote a culture of respect, consideration and responsibility within the studio

2. Responsibilities

Management Responsibilities

- Provide and maintain equipment in safe working condition
- Ensure staff hold appropriate Pilates qualifications and insurance
- Provide access to first aid equipment and maintain accident records
- Ensure the studio complies with fire and building safety standards
- Conduct regular safety checks and risk assessments

Instructor Responsibilities

- Deliver safe, effective and appropriate instruction
- Conduct client health screening before participation
- Offer modifications and ensure correct set-up on equipment
- Report accidents, incidents or hazards promptly
- Maintain a clean and orderly studio environment

Client Responsibilities

- Complete a health questionnaire before attending sessions
- Inform instructors of injuries, medical conditions or changes to health
- Follow instructor guidance and safety rules
- Use equipment responsibly and report concerns immediately
- Wear appropriate clothing and grip socks for safety

3. Studio Safety Measures

- Equipment inspected regularly for quality and safe function
- Springs, straps, platforms, boxes and props checked before each class
- Maximum class size limits upheld to ensure supervision and safety
- Clear walkways and safe spacing around all apparatus
- Emergency exits clearly marked and accessible at all times
- Grip socks required for hygiene and injury prevention

4. Health Screening & Participation

- All clients must complete a PAR-Q or health intake form prior to participation
- Clients with specific medical conditions or recent injuries may be asked to provide medical clearance
- Instructors will provide modifications where appropriate
- Sessions may be paused or discontinued if safety concerns arise

5. First Aid & Incident Response

- First aid equipment available on-site
- At least one first-aid-trained instructor on duty whenever classes are running
- All incidents/accidents recorded in the studio accident log
- Emergency procedures displayed and staff trained to follow them

6. Hygiene & Cleanliness

- Reformers and equipment sanitised between classes
- Hand sanitiser available and encouraged
- Floors cleaned regularly and spills addressed immediately
- Clients encouraged not to attend when unwell

7. Fire & Emergency Procedures

- Fire exits clearly marked and unobstructed
- Evacuation instructions provided to staff and clients
- Regular review of emergency procedures