



Health and Safety Statement

At Mobilates, we prioritize the safety and well-being of our members, volunteers, class leaders and everyone involved in our activities. This Health and Safety Statement outlines our commitment to creating a safe and enjoyable experience for all.

Our Commitment:

Keeping you safe: We strive to minimise risks of injury and ensure a safe environment for all our activities.

Following the rules: We comply with all relevant health and safety laws and regulations.

Working together: We encourage open communication and a positive safety culture where everyone feels comfortable raising concerns.

Staying informed: We will keep you informed about important health and safety information.

Continuous improvement: We regularly review and update our safety procedures to ensure they are effective and up-to-date.

What this means for you:

Be aware of your surroundings: Pay attention to safety instructions and be mindful of potential hazards.

Follow guidelines: Adhere to the guidance provided by our teachers, instructors and facilitators.

Report concerns: If you have any concerns about safety, please don't hesitate to let us know.

We all play a part in creating a safe and enjoyable experience at Mobilates.

1. Specific Hazards and Controls:

Slips, trips, and falls: Uneven surfaces, cluttered areas, wet floors – All teachers, instructors and facilitators are responsible for ensuring the health and safety of the sessions they lead and will follow a guide to ensure they regularly inspect the spaces they are teaching, remind members to remove any potential trip hazards such as pets, toys, children and rugs

Musculoskeletal disorders: Repetitive movements, poor posture, heavy lifting – As we are working with people with chronic health conditions and mobility issues our classes are generally more gentle and safe. However, we are also aware people can get injured doing any movement. We always recommend listening to our bodies, taking things slowly and mindfully, checking with a medical professional that our classes will be acceptable and providing us with a full medical history. All members receive a free trial where they can test out how it feels for their bodies and plenty of opportunities to speak with class leaders about any concerns.

Weather-related hazards: Extreme heat, cold, rain, lightning – If the weather says it is unsafe to travel we wouldn't want our members or class leaders to take risks so we would cancel in person classes or events if it is deemed unsafe to travel to that area. When the weather is hot, all class leaders will adjust their classes accordingly, making them slower and if necessary shorter or cancel them. We also encourage hydration throughout and remind members when the weather is really hot to taking sips of water throughout a class.

2. Incident Reporting and Investigation:

Procedure for reporting incidents: All incidents (accidents, near misses) should be reported to Leanne at info@mobilates.com who will provide a form to complete and support you with writing it to include all relevant details.

Incident investigation: All incidents will be investigated to determine the root cause and prevent recurrence.

3. Consultation with Class Leaders and Members:

Methods of consultation: We involve members and class leaders in health and safety matters via the regular newsletters, Facebook group and during classes and events.

Implementation of member and class leader feedback: All feedback will be considered, discussed with Directors and implemented where appropriate.

4. Monitoring and Review:

Regular monitoring: We will review our Health and Safety procedures and policies yearly unless any changes need to be made within a year. All members and class leaders will be responsible for their own health and safety but we will all continue to review the effectiveness of our health and safety measures.

5. Specific Roles and Responsibilities:

Leanne as Director and Founder of Mobilates: Will have overall responsibility and oversight of health and safety. Contact her at info@mobilates.com for any concerns, to report any incidents or to provide feedback or suggestions.

Directors: Will review and approve the policy yearly and implement any changes necessary.

Class Leaders: Are responsible for the health and safety of each session they lead. They need to keep on top of any risks or hazards, inspect the areas they teach and remind members to look after their own health and safety such as removing trip hazards and keeping hydrated.

Members: Are responsible for looking after their own health and safety and listening to the advice provided in newsletters, in classes by the class leaders and their own bodies.

This policy was last reviewed on 9th January 2025 by Leanne English

