



DARTFORD HINDU MANDIR
Kent, United Kingdom
POLICIES AND PROCEDURES MANUAL
Company Number: 13344798

Health, Safety & Fitness Management
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Section 5: Health, Safety & Fitness Management

This section is customised for Yoga, Meditation, and Dance sessions, and covers general health and safety requirements for all Mandir activities.

5.1 General Health & Safety Requirements

- Risk assessments required for all events
- First aid provision mandatory during activities
- Incident and accident log maintained

5.2 Health Screenings for Physical Classes

- **Physical Readiness:** All participants enrolling in Yoga or active Dance classes (regardless of age) must complete a brief Physical Activity Readiness Questionnaire (PAR-Q) before their first session.
- **Medical Disclaimer:** Instructors must state at the beginning of each session that participants should listen to their bodies and modify movements according to their physical limitations.

5.3 Space and Equipment Hygiene

- **Floor Maintenance:** The floors of the dance and yoga studio must be swept and inspected for splinters, tacks, or slick spots before every class.
- **Mat Hygiene:** If the temple provides yoga mats, they must be sanitised with antibacterial, non-slip wipes after every session. Participants are actively encouraged to bring their own mats.
- **Room Capacity:** Maximum occupancy limits set by Kent Fire and Rescue Services for the studio rooms must be strictly displayed and never exceeded.

End of Health, Safety & Fitness Management

Dartford Hindu Mandir, Kent