

# Sun City West Yoga Club

<b>DOCUMENT TYPE</b>	POLICY	<b>DOCUMENT ID</b>	001	<b>REVISION</b>	000
<b>ISSUE DATE</b>	01 JAN 2020	<b>EFFECTIVE DATE</b>	01 JAN 2020		
<b>FUNCTIONAL AREA</b>	MEMBERS				

## MEMBER SAFETY AND WELL-BEING

### A. PURPOSE

Safety and well-being of members during their yoga practice at a Recreation Centers of Sun City West (RCSCW) facility is a guiding principal of the SCW West Yoga Club.

### B. SCOPE AND APPLICABILITY

The club will strive to ensure that all members who participate in club-sanctioned classes and workshops in club-provided facilities are provided with safe and comfortable surroundings.

### C. ASSOCIATED DOCUMENTS AND REFERENCES

None

### D. DEFINITIONS

None

TERM	DEFINITION
Club Member	A Sun City West resident in good standing with the Recreation Centers of Sun City West and a holder of a valid Recreation Card, who has paid the current SCW Yoga Club fee.
Safety	A condition where an individual, or group of individuals, is as free from risk of injury as reasonably possible through the practice of prudent care and discipline during the use of the SCW Yoga Studio.
Well-Being	From <i>Dictionary.com</i> : "A good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity; welfare."
Comfort	From <i>Dictionary.com</i> : "To make physically comfortable."
Comfortable	From <i>Dictionary.com</i> : "Being in a state of physical or mental comfort; contented and undisturbed; at ease."

### E. DESCRIPTION

#### SAFETY

Overall safety comes in several forms:

- Facilities
  - A facility suited to the practice of yoga: an open space devoid of obstacles that would limit visibility of the instructor or otherwise interfere with the practice of yoga

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- A facility built with suitable materials, electrical power, long-term storage, and environmental controls conducive to the safe practice of yoga
- Short-term storage for participants' personal items so that they will be out of the way during class
- Class sizes that allow instructors to easily move among participants in order to correct and adjust participants' poses so that they do not risk injury
- Sufficient space on the facility floor so that emergency medical personnel are able to easily navigate the facility in case of emergency
- A floor free of extraneous clutter so that the facility may be safely and quickly evacuated in case of emergency
- Class levels
  - Class level descriptions that provide the reader with sufficient information to judge his/her ability to participate safely in a class
- Qualified instructors
  - All instructors will be certified by a well-known, recognized yoga industry body such as, but not limited to, YogaFit and Yoga Alliance. Instructors are also required to carry their own professional insurance.

### COMFORT

- SCW Yoga Club classes will be conducted in scent-free environments with sufficient personal space for each participant.
- Every attempt will be made to ensure that the environmental controls of a class or workshop space are set to a comfortable level for a majority of the participants.
- Participants will not be required to perform poses that are outside their ability level or their personal comfort zone.
- Classes and workshops will be conducted in a non-judgmental manner.
- Participants will be encouraged to behave in a non-judgmental manner.

### F. ENFORCEMENT

Enforcement of this policy will be performed by the SCW Yoga Club Board according to this policy and the club's bylaws.

### G. EXCEPTIONS

Environmental control settings may not always be accessible, constraining the club's ability to adjust the comfort of a facility.

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## H. CHANGE HISTORY

VERSION	CHANGE
001	New

## I. APPROVALS

ROLE	NAME
President	Jack Leary
Vice President	Vikki Erla
Treasurer	Vicky Frank
Secretary	Ann Johnson

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