

Venue Requirements for Physical Skills Training

Environmental guidance for venues being used for the delivery of Maybo physical intervention programmes.

The Training Venue

This guidance aims to provide those responsible for the selection of training venues in which Maybo Physical Intervention Training will take place a clear understanding of environmental needs of the programme, trainer and learners.

Room Suitability

Rooms must be clear of obstacles - floor and wall surfaces must be free from obstructions.

Furniture should be removed or stored in a safe area.

If the session includes the use of environmental obstacles, such as doorframes, these must be free of splinters, assessed for their suitability for the exercise and the area on both sides of the door must be clear of obstacles.

The venue should maintain a suitable temperature for the session and should ideally include a comfortable rest area.

An unobstructed area of approximately 2x2 metres per person, including the trainer, will provide the necessary room for movement and activity, therefore the maximum class size of 12 learners and one trainer requires a minimum clear floor area of approximately 52 square meters (2mtrs x 2mtrs x 13 people).

Any area of the room that has furniture stacked should ideally have at least 1 metre safety area between it and the practice area.

The length and width of practice areas should be a minimum of 4 metres.

The room shape must enable the trainer to have a clear line of sight to all Learners at all times.

Protective equipment

The skills contained in Maybo programmes do not require floor mats or protective equipment. Poorly fitting or interlocking mats can increase the risk of injury from trips and falls, especially where raised edges are present.

Risk Assessment

Prior to commencement of any training delivery trainers are required to carry out a venue risk assessment to establish any control measures that need implementing to reduce risk to acceptable levels.

Where a training venue is deemed unsafe by the trainer, and cannot be made safe, the training must not be delivered unless a suitable alternative venue can be provided. If there is any doubt over the suitability of a training room, digital photographs of the suggested room can be emailed to Maybo (info@maybo.com), preferably in advance of the course.

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