

## Born to Spa | Health & Safety and Hygiene Policies

Born to Spa will conduct a risk assessment upon entering the venue for your class. We follow rigorous internal checks of the venue and its own equipment to ensure that they are clean and safe.

### Contents of this document:

- Venue Safety and Evacuation
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- Equipment
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- Massage Oil

### **Venue Safety and Evacuation**

Each venue has its own fire safety checks and evacuation instructions.

As a general rule, should any venue need to be evacuated, adults will continue to take full responsibility for the baby and other adults in their party. Babies should be picked up and kept warm in the nearest towelling/clothing to them and everyone must walk out of the nearest fire escape and away from the building. All equipment/pushchairs must be left inside the venue.

A class role call would be made when everybody is at a safe distance from the building.

For privacy and safety at each venue, the door will be locked from the inside to prevent any intruders. The adults in the class will be instructed on how to vacate the building at the beginning of each class.

### **Safety in the bath**

Young babies should be sat on the slope side of the bath and older babies can go in the seating area. The bath water will be filled to the depth of the marker inside the bath only. **Babies MUST be closely watched by their adult at ALL times.**

Thermometers are provided in each bath. You are instructed to check the temperature of the water before you put your baby in the water.

### **Spillages**

All spillages will be dried promptly.

### **Equipment**

Some of the equipment that is available for sensory exploration is electrical. You are responsible for keeping your baby at a safe distance from any cables. In addition, some equipment contains batteries. Battery compartments are checked before each session to ensure that they are secure. If you are not happy with your baby playing with any of the equipment, it is your responsibility to ensure that they do not come into contact with it.

All laundry items are single use and washed before classes. The following detergents and fabric softeners are used for laundered items that are provided in our classes:

> Ecover non-biological laundry detergent

Ingredients:

Aqua, Sodium lauryl sulfate, Laureth-7, Alcohol denat., Potassium oleate, Sodium citrate, Tetrasodium

glutamate diacetate, Bio poly ethyleneglycol propyleneglycol oligo ester, Parfum, Citric acid, Sodium hydroxide

> smol non-biological laundry detergent capsules

Ingredients:

- Mea-C10-13 Alkyl Benzenesulfonate
- C12-18 Pareth-7
- Mea-Cocoate
- Methylpropanediol
- Glycerin
- Water
- Propylene Glycol
- Perfume
- Sodium Diethylenetriamine Pentamethylene Phosphonate
- Peg
- Ethanolamine
- Disodium Distyrylbiphenyl Disulfonate
- Colorant
- Denatonium Benzoate
- Sodium Chloride

> Ecover sensitive fabric softener

Ingredients (any one of these could have been used depending on availability):

Gardenia and Vanilla: Aqua, Rapeseed-based esterquat, Propylene Glycol, Parfum, p-Anisic Acid, Lactic acid, Hexyl cinnamal, Citronellol

Rose and Bergamot: Aqua, Rapeseed-based esterquat, Propylene Glycol, Parfum, p-Anisic Acid, Lactic acid

Zero % Fragrance: Aqua, Rapeseed-based esterquat, Propylene Glycol, p-Anisic Acid, Lactic acid

Please check the Ecover or smol website yourself for the most up-to-date ingredient list if you have any concerns.

Here are the links:

[>> Ecover](#)

[>> smol](#)

### **Sanitising**

All equipment is sanitised after each class using Mylton or Clinell spray or wipes. Particular attention is made when sanitising high risk items baby baths, changing mats and mats for babies and parents to sit on. A Dettol solution is made after each class in which to disinfect the bath toys.

### **Massage Oil**

Massage Oil is provided in all of our classes - Food grade Organic Sunflower Oil is available for you to use to massage your baby. Organic Sunflower Oil is the only ingredient. You are advised to do a **patch test** of the oil behind your baby's ear upon arrival at your class to ensure that it does not irritate your baby's skin when used for the massage. Oil expires 6 months after opening – expiry is marked on each bottle.

### **Medical Issues**

Upon booking, adults must declare that all babies and adults in their booking are medically fit to take part in the class that they are booking for. Bookings cannot be completed if this is not agreed to.

This policy will be reviewed in November 2024.

Signed: Anna Madge

Date: 8<sup>th</sup> November 2023