



THE BRITISH WHEEL OF
YOGA

BWY CHILD PROTECTION POLICY ADULT CLASSES and UNDER-18s Private Independent Classes GENERAL GUIDANCE

Please note that this document is an overview and should be read in conjunction with the BWY Child Protection Policy and Fact Sheets available on the website http://www.bwy.org.uk/information/19/Child_Protection.htm
Please also refer to the Fact Sheet: Checklist of Requirements

The Children Acts 1989 and 2004 define a ‘**child**’ as a person who has not yet reached their 18th birthday. The fact that a child has reached 16 years of age, is living independently or is in further education, is a member of the armed forces, is in hospital, in prison or in a Young Offenders’ Institution, does not change his or her status or entitlement to services or protection under the Children Act 1989.

Teaching Private Adult Classes (ie set up by the yoga teacher)

It is your decision, as the teacher, whether or not you accept a young person/s into your adult class. Listed below are various points for consideration in making your decision.

Advertising Your Class

You may want to consider whether you advertise your class specifically for adults, ie for students over the age of 18.

Appropriate training

BWY teachers have a duty of care to be appropriately qualified to teach specialist yoga; teaching yoga to children comes under such specialism. At the time of writing, the BWY Diploma course qualifies you to teach adults and to incorporate some under-18s into an adult class but not to teach dedicated classes to children. There are IST days available on incorporating under 18s into adult classes

Setting criteria to accept a young person

You need to think about what criteria you will use to determine whether to accept the young person. There are various factors for you to consider some of which may be:

- teaching preparation will be for the adults, which could mean contra-indications or modifications for the young person
- presenting the alternative or modified posture could adversely take time away from your adult students
- the **minimum age** of a young person that you are prepared to accept into your class (eg a teacher may be happy to accept a 16 year-old, but maybe not a 12 year-old) bearing in mind that what you offer your adult students may not necessarily be appropriate for a young student
- **how many** young people you would be prepared to accept into your class at any one time (considering group dynamics with the differing ratio of adults to young people)



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The above is not an exhaustive list; you may have other considerations too.

Thinking about, and establishing, your criteria beforehand will help you consider what teaching situation/s you are willing to teach under, and enable you to be confident that you will not be entering into a situation where you do not feel fully in control.

Criteria available on teaching file/records

Once you have decided on your criteria it will be useful to write them down and have them available with your teaching notes so that:

- you always use the same criteria to accept/not accept a young person
- you will always be acting equitably with each request
- you can demonstrate that you are treating all adults and young persons in a fair way
- you will have evidence of your criteria for insurance purposes, if necessary

Student Enrolment Form – Age if Under 18

Many young people can look older than they are, so it is safer not to judge a person's age by their looks. Your class enrolment form could ask "**Age if under 18**"; in this way you will ensure that an under-18 year old will identify themselves to you.

CRB Enhanced Disclosure

BWY's CP Policy states that if you are teaching an under-18 year old you must hold a current BWY Enhanced Disclosure (ED) if the young person's parent, or another adult acting in loco parentis, is NOT present in the teaching room. Parents may have every good intention of being present each week, but circumstances could arise that in any particular week they cannot attend.

You need to decide whether to hold an ED for such circumstances or whether you come to an agreement with both the parent and young person that the young person cannot attend the class if their parent, or adult in loco parentis, is not present too.

If you already hold an Enhanced Disclosure, and decide to accept a young student without an accompanying adult, you should familiarise yourself with the BWY CP Policy and work within its guidelines. It is still your decision whether or not you accept the young person, based on your chosen criteria (see above).

Conditions and Agreement for Accepting an Under-18

It is good practice to have a chat with the parent and young person about what you offer in your class; establish why the young person wants to attend, explain what your expectations are and have an understanding of what the parents' and young person's expectations are too. It is then advisable to agree the conditions and have the agreement signed by yourself, the parent, the young person and, if appropriate, the adult acting in loco parentis.



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The '**Under 18's Requirements and Agreement Forms**' (listed under Fact Sheets on the CP page of the BWY website www.bwy.org.uk) can be used as a guidance or template – you can adapt it to suit your particular situation, but stay within the guidance of the BWY CP Policy. Keep a signed copy on your files, and give signed copies to all parties concerned.

You very probably already have a discussion and an informal spoken agreement; having a signed agreement ensures that all concerned are under the same understanding and there can be no confusion. You also have evidence on your file that such an agreement has taken place.

Hands-On Adjustment

If you use hands-on adjustment you could refer to this in your initial discussion. If the young person and parent are in agreement to adjustment, to comply with BWY policy, you need to obtain written consent from both parties prior to adjustment. You can refer to the **Hands-On Adjustment Consent Form** under Fact Sheets on the BWY Child Protection webpage.

Partner Work

The young person should only partner their parent, not another adult in the class.

Mobile Phones

Consider the photographing and videoing facilities of mobile phones. Ensure that your students know to have their **phones switched off whilst in the teaching room**.

BWY WEBSITE – CHILD PROTECTION PAGE

- Take a look at other CP-related information on our website: http://www.bwy.org.uk/information/19/Child_Protection.htm.
- If you don't use the internet and would like printed copies of the Fact Sheets, please contact the Lead Child Protection Officer.

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June 2010