



Notes Following the BWY Facebook Live with Vice Chair, Gillian Osborne, 2 April 2020

Remote/Online Teaching/Pre-recorded/Restricted Audience Terminology

The important distinction for our teaching members is the difference between live streaming and pre-recorded teaching.

Live streaming is either restricted to an audience that is controlled (covered by our insurance) or some types of live streaming are viewable to the world at large (not insured, at present). Pre-recorded videos are filmed ahead of time and distributed to students for them to watch at any point. To further complicate things, some live streams can be recorded so distribution at that point would fall into the category of pre-recorded video. Pre-recorded video is covered by the BWY insurance provided it is distributed to an audience that is restricted by invitation, admittance to a group or other such means of limiting the content being viewed to those people that we are aware of.

Restricted Audience means that your content is viewed/listened to by an audience that you have control over. As opposed to it being freely accessible by anyone and everyone. There are different ways to do this on different platforms. Some examples of restricted audience options are:

- Unlisted YouTube videos that you send as a link to your own students and do not publish openly. Unlisted YouTube videos do not get sent to your subscribers.
- Facebook Live to a chosen (i.e. restricted) audience, which will remain restricted once it is finished and available as recorded.
- Zoom calls where you are in control of who is attending the class, either by operating a waiting room, send password-protected links, locking the class once you have started or other means of preventing the content to be openly accessed.
- If you propose to upload a zoom class, it will need to be to a restricted audience and please be aware that you will either need to cover off GDPR requirements as your students may be visible to others, or you need to ensure that your recording is solely showing you teaching and none of your students.

The BWY preferred form of delivering video content is to live stream to a restricted audience as this enables the closest form of teaching to face-to-face teaching, as the teacher is able to respond to the needs of the students.

The Training Committee met last Friday and decided that we will be publishing new guidance and, now, you do not need to see the students to be covered by our insurance. This means that pre-recorded and audio sessions are now also insured.

New students are covered for live or pre-recorded material.

Providing you are suitably qualified, you can teach any content (asana, pranayama, breathing practice etc) that you usually teach as a BWY teacher, providing you are teaching to a restricted audience. Non-physical teaching (e.g.



relaxation, breathwork etc) is not covered for teaching to an open (unrestricted) audience at present.

NB when we refer to BWY Teachers, we are using this as a shorthand term to include all BWY Student Teachers that have been passed as competent to teach by their DCTs and all qualified teachers and student teachers from BWY Accredited Groups.

Our Aims	Our aim is to put together a whole package of teaching support: insurance, guidelines, legalities in a very short space of time and in unusual circumstances. And we are trying to launch these resources to you as soon as they become available and close the loopholes as we come across them.
AGM	<p>Companies have been given a longer period of time to complete their reporting duties. We are going to be making all of the AGM reports in document form to our members on their section of the website so on Monday you will get an e-newsletter which will contain a lot of information, including a link to the page containing the AGM documentation.</p> <p>We will then, in the near future, get in touch with you as to how we will be ratifying the reports and the results of the election as this cannot be done by documentation. This would normally happen at Congress as we require a quorum (minimum of 50 people) who are able to agree that the reports are an accurate representation and make official the results of the election.</p>
Mother & Baby / Post-natal Yoga	<p>Some issues have come up regarding this type of class being delivered remotely. The BWY covers appropriately qualified teachers to deliver face-to-face Mother and Baby / Post-natal Yoga where the focus of the instruction is on the post-natal recovery of the mother. There are other therapeutic modalities that focus on the baby (e.g. baby massage, yoga for babies). We are not saying that we do not approve of these modalities or see value in them but they are not covered by our insurance – remotely or in-person.</p> <p>If you are teaching yoga where the focus is on the baby or another modality that does not fall into the category of mother-focussed yoga, you will have an organisation with whom you trained that will be able to provide you with advice and information, we would hope.</p> <p>We want to make clear to our teaching members what is and isn't covered by insurance so that you can go out and teach with confidence</p>
Audio Recordings	Audio recordings are covered by our insurance provided they are delivered live or pre-recorded to a restricted audience – as per video teaching.
Health questionnaire and initial assessment	Existing students who have previously completed a BWY health questionnaire do not need to complete another. They simply need to sign to say they agree with the remote teaching disclaimer (contained within the new health questionnaire). This can be done by physically signing the sheet or by emailing consent. You will need to keep a copy of this as proof, just as you would keep your face-to-face students' documentation securely.



All students will need to be sent the 'Guidance for Students' document and the disclaimer for remote teaching.

The new form/disclaimer only has to be signed once – not every time they do a class.

The new form also includes a short section on GDPR and this can be used within the questionnaire or can be copy and pasted into your own documentation/email if you are sending that out to existing students.

Completely new students will need to fully complete and return the whole new form.

The health questionnaire has been revised to include text regarding pre-recorded video/audio but it has not been released yet as we are waiting on the solicitor. You are fine to carry on or start using pre-recorded material as you are covered. We are hoping to receive this imminently. As soon as we received them we will get them released to you within 24 hours.

The health questionnaire can be found in the Notes section of our Facebook Page and on our website. It will shortly be available as a word document so that it does not have to be scanned to be returned. We have also agreed with the solicitors that a simple tick/cross to acknowledge acceptance of the disclaimer is sufficient.

As a BWY teacher for a face-to-face class, you would normally conduct some form of assessment to ensure that a potential student is suitable for the type of class you are teaching, e.g. asking them to come to their first class ten minutes early for a chat. A short conversation (phone, email etc) will suffice for remote teaching.

New Documentation

The latest documents are saved on our website and under the Notes section on the Facebook Page. These documents are being updated and added to as we develop the insurance.

CPD

There is a document, written by Wendy Teasdill, our National In Service Training Officer (NISTO) entitled 'CPD in Times of Corona Virus'.

Continuous Professional Development is a natural part of our yoga journey as a way to learn something new that will enrich our lives and abilities as teachers and therefore our students. Although there will be people who are feeling under pressure at the time and not able to think about CPD, it does not have to be a formal course or workshop. It could be reading uplifting literature or the texts. It could add to your own wellbeing at the moment.

Refund Policy

This has been published and can be found alongside the other documentation.

All Congress refunds have been processed. If you have any queries, please get in touch with Central Office.

Teaching to a Wider Audience

Increasing our insurance policy to cover our teachers for broadcasting to a larger (open) audience is something we are looking at with the broker, solicitor and underwriter. There is a good chance that this will happen at renewal in October/November 2020.



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It will not happen during the term of our current policy as it is a much larger risk of exposure for the insurers and therefore will be an additional premium, applicable at renewal.

All the amendments we have negotiated have been put in force with no additional premium.

Survey

We have sent a survey to our members with key questions to help us develop the insurance and ways we can help you. If you can complete the questions this will help us to deliver what you need.

If you have not received the survey, please check your junk folders.

Music Rights

Unless you personally hold a PPL licence, then any music you use must be Rights-free. This has become more of an issue now, in these times of online teaching, because the vast majority of our teachers normally teach in premises and it is usual for these premises to hold the correct licence. With us now teaching from our own homes/studios, we are less likely to hold these licences personally.

You also need to ensure that your voice is not compromised by the music.

There is a document available in the Notes section and on our website.

Charging for classes

There is a lot of free content available and this is admirable and valuable at this time in order to help people. However, we have all trained hard and invested in our teaching so you should not feel obliged to teach your online classes for free. There are options you can consider:

- Charge your normal class fee
- Charge a reduced price as you will be saving on hire fees and you may not feel you are giving the full benefit of an in-person class.
- Operate on a pay what you can or donation basis
- Give your classes for free

What you charge is entirely up to you. The BWY encourage you to value your skills and what you have to offer.

Facebook Groups

We have various groups attached to the BWY Facebook page, which are all listed here: <https://www.facebook.com/britishwheelofyoga/groups/>

Just click the groups that are appropriate to you and provide your BWY number for verification purposes. These are great communities for sharing information and experience. In order to keep the content focussed appropriately, we will admit people to the groups for which they are members, e.g. if you are not a Diploma Course Teacher (DCT) then you would not be admitted to the DCT group and so on.

There is also a good Facebook Group called Yoga Teacher On-line Support Network

(https://www.facebook.com/groups/1066032637096958/?ref=group_header) run voluntarily, which has a lot of useful discussion.



And the Yoga for Sports Science Group - Online Yoga Teaching Resource (https://www.facebook.com/groups/203206550987584/?ref=group_header) is a valuable resource tool also.

Platforms	The platform you choose to use is entirely up to you. The condition is that the content you broadcast must only be viewed/listened to by people that are known to you and not to a completely open audience. The number of new students you take on is up to you but they must complete the health questionnaire and disclaimer and the initial assessment.
Webinar	The second webinar and the Facebook live, delivered in conjunction with Yoga Sports Science are available to view. They offer lots of useful information to help you deliver online content.
Supporting resources for your students	Providing additional resources to your students is a great way to support them further and encourage them to develop a personal practice. We just need to ensure that this does not replace actual teaching.
Resources	Wendy Haring: BWY Training Chair bwytchair@bwy.org.uk Rebecca Morris: BWY Safeguarding Officer: safeguarding@bwy.org.uk Katherine Nicholls: BWY Events Manager: events@bwy.org.uk Georgie Darby: marketing@bwy.org.uk BWY Central Office: office@bwy.org.uk