

Notes Following the BWY Facebook Live with Vice Chair, Gillian Osborne, 25th June 2020

Info regarding best practice guidelines, risk assessment procedures, how do we recommend you go back to teaching face-to-face indoors?

We haven't produced any guidelines as yet as we do not wish to cause any unnecessary confusion as any statements we issue now, without the correct information, could be conflicting with future government updates. At this time, we feel it is best to respond to government information as it comes out rather than in anticipation of what we think might be said and provide incorrect guidance.

At this time outdoor classes can be carried out with social distancing for up to 5 students (6 people including yourself) as per current government guidelines.

You should ask students to bring with them any equipment that can't be easily cleaned by you as the teacher. Verbal adjustments, only, should be used.

BWY insurance covers you as long as you are following government guidelines.

Does our insurance cover sacred dance? (Emma Jane Cahill)

With BWY insurance we are insured as a yoga teacher, so the majority of the work conducted needs to be the teaching of yoga. Provided that is the case there are a wide variety of other therapies and practices that are also covered under the insurance. With regards the teaching for other therapies, the training you have received would need to be in accordance with the standards of that particular therapy's governing association or body or the codes of conduct for whatever that practice is. It is likely that this would be covered but this would need to be looked into. If there are any therapy or practices that you would like to check if they are covered, please email and tell us about your training and how much time in a week you are spending on those other therapies to see if this would be covered. office@bwy.org.uk

Insurance for meditation and relaxation audio

Audio recording is fine to a closed audience. All of the material you want to provide as a yoga teacher can be live streamed or recorded but still needs to be to a private audience. None of this material can be delivered to the world at large. Even meditation and relaxation would not be covered to a public audience as it is the principle of public content that is not insured at this time regardless of the content. We do not have any cover for a group of potential students that cannot be defined. These are the rules at this time and does also apply even if this is for a charitable endeavour. We hope to be in a position to offer unrestricted access to material after the policy renewal in November.

We would urge you as teachers not to open yourselves up to potential liability by teaching without insurance. It is not good practice and we can't endorse this. It is about protecting ourselves and our students and following best practice guidelines.

Can we teach in community centres from 4th July?

It is expected that this will be permissible from 4th July but only with members from one other household at a time and if the specific establishment permits it. Please check the government guidelines have been updated to include this. At this time, this is still not permitted.

Is it still five people in an outdoor space or is it now more? (Clare Randall)

Current guidelines still only allow five people from separate households in an outdoor space (6 people including yourself).

Can we go through students' houses to teach in their outside space or garden? (Laura Marchetti)

As there are no specific rules for Yoga teachers, we have to interpret this. So here we have to look at the rules for other areas and see if these are comparable. In this case we would say that it is not currently sanctioned for all these people to go through your house. For a single person in a private session where the hygiene and cleaning can be much more easily managed this would be okay. This will be addressed again in the future.

What are the rules for Scotland, Wales and Northern Ireland?

Links to CIMPSA information about this have now been added to the Facebook page and Covid News page on the website:

Scotland

<https://www.cimspa.co.uk/cimspa-news/news-home/updated-guidance-on-outdoor-training-and-coaching-in-scotland-%E2%80%93-26-june-2020>

Wales

<https://www.cimspa.co.uk/cimspa-news/news-home/guidance-on-outdoor-training-and-coaching-in-wales>

Northern Ireland

<https://www.cimspa.co.uk/cimspa-news/news-home/updated-guidance-on-outdoor-training-and-coaching-in-northern-ireland>

Is it now 1m or still 2m for social distancing?

From the 4th of July this should be being reduced to 1 metre minimum.

There may be considerations with regards the use of facemasks that could be something to ask your students if this is a stipulation. You may prefer to remain at 2m without a facemask.

Are there any guidelines regarding H&S for returning to classes in a village hall type setting? (Carolyn Pilby)

We haven't produced guidelines for returning to practice because as the situation evolves guidelines will change so it is virtually impossible to set out steps for how teaching will be when we go back. When we do get to this point, we can then think about it in the context in which it is presented to us via the government guidelines.

All of the government measures regarding handwashing and cleanliness and monitoring your own health or if you are involved in track and trace are all things you need to consider.

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

Within a village hall type environment, it is a multipurpose space with lots of chairs and equipment that will need to be considered. You would need to follow the centre's own specific guidelines. You would be responsible for cleaning your own equipment and cleaning between classes particularly if you have classes back to back. When we get to the situation where we will be able to teach a group, we will then be able to address these particular issues as they arise.

Can we teach people indoors and what about teacher training? Does this come under further education as it is education as classroom-based learning rather than physical practice? (Emma Turnbull)

You will find that some of the elements of teacher training can be and are being delivered remotely but not all of the course content is able to be delivered online. Depending on whether you are a participant in teacher training or delivering a course you would need to contact either your own DCT or Wendy Haring the BWYT chair (bwy Chair@bwy.org.uk).

If you are interested in joining a course that has not started yet you can look at the courses on the website to see what is available or contact the office. As not all of the content will be available online you will need to consider the travel as the location of the course will need to be considered for the portion of the course that must be in person.

Many gyms are planning to re-open from the 4th July and are asking their yoga teachers about their availability. In light of this do you have any advice on when we might be able to resume face to face classes again. I understand that we need to wait for our insurers to give us the go ahead and tell us we will be covered? (Judy Brennan)

Unfortunately, we have to wait for the new guidelines. The insurance is led by government guidelines so we will be insured to teach providing we are in line with government guidelines and with the best teaching practice of BWY.

One of the halls where I teach has said I will have to carry out my own risk assessment. Do you have any advice on this?

There is not a formal checklist at this time, but this is something that will be looked at by T Committee (BWY Training and Education Committee). We will publish this on Facebook and the website when we have something.

There is a risk assessment document for indoor spaces on the member's teaching resources page with some basic guidelines for COVID. More information will be provided as more details come into us.

Will I be covered by insurance if my group comes down with COVID?

The insurance protects you providing you are following the guidelines. So, if someone did contract COVID you would be covered if you are operating within the Government guidelines. For example, if you were teaching indoors and this is not permitted you would not be covered.

It is worth noting that you would need to contact everybody who attended the class to inform them that a participant has contracted the virus and they should self-isolate, as should you.

What cleaning products should I use to ensure they kill COVID? Is it safe to use things like alcohol wipes on things like light switches?

We will look at perhaps recommending something in particular and may include this in the risk assessment. We always need to be careful with regards to liquids and electricals and consider the type of switch i.e. pullcord or switch.

I'm really worried about the floor as a contact surface full of potential viral droplets that my students will be lying on and contaminating their mats with. I don't think the floors in the village halls I use are a suitable surface to be bleached etc. So is there a recommendation of a COVID secure cleaning product. Soap and water are recommended for washing hands. Am I really expected to mop the floor before and after every class? I wondered about doing chair yoga instead but then would I have to sanitise all the chairs before and after every and if so with what product?

We haven't yet got to the point where we are teaching groups and when we do reach that stage there will be government guidelines to support this. It is possible that this is something you will have to do but we won't know until that time. Until then, recommendations are just speculation and we should concentrate on what we are able to do presently. However, it is possible you may need to mop the floor before and after every class and for chair yoga you would also need to clean chairs.

Presuming my students stay 2m apart I don't think it will be necessary to give their details for track and trace purposes but if asked to provide them, is this a breach of data protection?

At this time track and trace is civic duty not law. GDPR is law so would take precedence. Practically, it is our duty to try and help keep the community and country safe. If it came to it, you can contact the students to ask for permission to give their details. It may be that track and trace could become law so it is important to check the legality of track and trace.

If someone refuses you cannot know or presume to understand why someone may not want to reveal why they were at a yoga class or at a particular geographical location. In this instance it may be worth talking to our safeguarding officer so that you do not have to decide this alone.

Rebecca Morris – Safeguarding@bwy.org.uk

Is there risk assessment guidance for teaching outdoors?

There isn't a form for outdoor yoga at this time. It is a changing scenario so this is something we can look at.

We don't have all the answers but one of the good things to come out of this is the opportunity for a forum to collaborate on information. In uncertain times and trying to pin anything down is extremely difficult.

Diversity and Inclusivity

We don't want to avoid talking about the Black Lives matter movement. We are really keen to speak to you about having a dialogue with you, to move forward and to be more inclusive, so that we don't put up barriers perhaps that we are not even aware of. We are looking at resources for training and how we can create spaces or forums for people to be able to reach out and discuss inclusivity.

To say that we want to be inclusive and diverse is simply not enough. The question is if we want to be inclusive, how do we do that? We start with willingness and us reaching out. We don't want to feel that we are not reaching out to everyone. On an ongoing basis we want people to feel like there is a place for them within the BWY and the many classes and events put on by BWY teachers. We want to reassure you all that we are taking this seriously and in a very committed way. We are keen

to move forward with this and like everything else we want to make sure that the steps we take are meaningful and purposeful and taking us in the right direction. These steps may seem small, and they are, but we are aware that there are many things we need to learn. We ask for people to reach out to us if they feel they can so we can learn from each other. We want to support Black Lives Matter and we want to support other marginalised groups within our membership and within society so we hope that that message comes through.