

Notes Following the BWY Facebook Live with Vice Chair, Gillian Osborne, 7th July 2020

Could you please clarify how many people I can teach outdoors? There is an article in a national newspaper saying you can now gather with up to 30 people with social distancing. I am very confused. (Deb Barlow)

We can't gather in groups of more than 6 people (5 clients plus yourself) for the purposes of yoga and you still need to observe social distancing. There is a difference between what is allowed for social purposes and the commercial purposes. As we are running a class we must follow the guidelines given to us for this type of activity.

Please check our up to date guidelines as this will tell you what you are allowed to do under the guidelines alongside our best practice guidelines.

Can you just turn up to a local park and teach or do you need to ask their permission? (Lorna Lowe)

The rules around using parks can vary depending on different councils, so you do need to check what the rules are for your local area. This will not affect your insurance, but it will make things difficult for you if you have not checked your park rules.

Do you have teacher training courses next year when Covid-19 relaxes? (Lindy Winters)

There are already some courses on the website but you can also check with the office by emailing office@bwy.org.uk.

A yoga teacher friend forwarded me a letter suggesting we can teach one to one sessions indoors. Is this correct I can't find any information about this on the BWY website. (Cheryl Parr)

No, we are not allowed to teach indoors at this time. The current guidelines are on the Facebook page and BWY page

There is some confusion as community centres are open. In community centres you can only meet with one other family as part of social bubbles. This is not for commercial use only social.

Update: Indoor teaching will be permitted from 25th of July. Please see Facebook page and Covid-19 news page for details <https://www.bwy.org.uk/covid-19/>

Is there a document covering teaching with up to 5 students in an outside space in England? I have looked but although I have found reference to teaching up to 5 students outdoors, I haven't found anything with full details. (Valerie Lavender)

Outdoors, we need to be 2 metres apart, so we're observing social distance and we do need to have permission for the space in which we are teaching to make sure we're not contravening any regulations.

The recommendations are that students have their own equipment and that all the other measures are observed to do with cleanliness, hand washing and so on. That would apply at arrival of the session and leaving the session.

Going forward will all teaching classes be taught online. Will this be problematic for showing adjustments etc. or is face to face teaching going to resume once we get the all clear? (Sue Dean)

Once we are able to do face to face teaching that will be resumed so all classes will not need to remain online. In all likelihood there will be additional measures that need to be observed but we don't know when and what these measures will be until we come to that point. Many teachers will continue with at least one online class even when we can go back to face to face teaching. This is because we can appreciate some of the freedoms that this provides with regards to the geographical locations. It can provide more options, for example it means we can attend events we wouldn't normally because they are too far away.

We will also be continuing with the Acts of Kindness Initiative, which is all online, so it has no geographical limitation which makes it much more accessible. It can be more inclusive for those who have chronic fatigue for example or for anyone who would find it very difficult to attend a session for similar reasons.

As far as showing adjustments is concerned, we must work within best practice recommendations. We wouldn't recommend you show any complicated postures that would be difficult to explain and show online or to see what people are doing in order to be able to adjust. When demonstrating you can show the posture from different angles to help students see clearly what they need to do. You can give a lot of verbal cues, adjustments and reminders to help the students. It may require a little bit more thought beforehand, as the teacher, to plan your session. You need to consider what you think would be safe to teach in an online environment.

What has the take-up of/reception to Small Acts of Kindness been like? (Catriona Orr)

Gillian has people coming to her Tuesday evening tranquillity session class and this has been thoroughly enjoyable. This is something that we will be looking to promote on an ongoing basis. We will be sending out an email to collate some information from the teachers participating to get an idea of numbers etc.

How are people advertising or promoting their offering for Small Acts of Kindness? (Angela Brier-Stephenson)

This is being promoted through the BWY website and social media.

We are doing another push on Acts of Kindness in the next few weeks with other organisations and corporates who can spread the message further. Some teachers have had a good response and we hope to build on this further. Angela Brier-Smith commented to say it would be good to know what the take up is on the classes as well as times and styles which are best received. An email will be sent to the SAOK teachers to collate some information.

Any update on insurance? (Paul Smith)

This will happen in line with our renewal at end of October. We have been liaising with insurer to prepare in advance of this. A survey monkey will be sent out to members asking questions about insurance and additional therapies. This will likely come out in August, so that we can collate this in September ready to give to the insurer.

We do encourage people to answer the questionnaire because even if these answers are in the negative that is still information that we would like. We want to continue with and increase the interaction with the membership to get a stronger dialogue and more regular conversation going.

We have a pandemic so it's important to go online, but to say it's more environmentally friendly is not correct. We are constantly building bigger e-storage facilities that use huge amounts of energy that is not green. So maybe we should all be aware of how important deleting old videos/emails/everything we don't use. It's a myth, that it's environmentally friendly. (Juliet Wright)

There is plenty to think about with the environmental friendliness of each method of class delivery including zoom vs travel. In yoga we are always seeking to find that place of balance, to find the equilibrium, so going forward we will find a blend of methods and do the best we can.

There was an interesting recent discussion in a related group regarding cleaning in community halls do you have any advice or an opinion about who's responsibility it might be to ensure Covid secure cleaning of the hall before and after a hire period: the owner or manager of the hall the hirer? (Jo Lukehurst)

There is an issue of liability if someone were to contract Covid-19 as a result of attending a yoga class where you are teaching.

You would be covered on insurance but as a teacher you would be expected to make sure that place was Covid-secure. As the teacher, that would be part of your risk assessing of the space. In terms of whether or not it is your job to clean the space that is something that you would discuss/negotiated with the venue as part of your contract. Personal opinion is that it would be the responsibility on the owner or manager of the space. But it is your responsibility to make sure that it has been done. There are two elements to look at. From a legal perspective, have you asked if this has been done and is it in the contract? If they are responsible for cleaning the venue have you got this in writing? From an ethical perspective, if you feel in any way unsure about the cleaning that has been carried out, this can affect our teaching. We are not sure if it would be the legal responsibility of the venue to clean but as a teacher you do have a responsibility to ensure that the cleaning has been completed.

Great to clarify difference between social and commercial allowance for people/numbers in an outside or shared space. Hearing about the pub spreading Covid-19 just underlines we need to be patient and not put our students or ourselves at risk. (Hazel Faithful)

It is difficult and it can feel like we will never get back to face to face. But we need to see if we can find the positives in the situation. We don't want to minimise the importance of the negative aspects and it is very difficult to shift our perspective but where we can it is great if we are able to channel our energy into the positives.

Can the BWY support members with advertising their online events/workshops on the BWY social media pages, national or regional during this difficult time. How can we make this an easier process? Can we add workshops to our BWY profiles, currently we can only add our classes. (Daljit)

Georgie will pick this up with Laura our Digital Manager to get a plan in place. We just need to be mindful about how this is managed with the number of courses.

There are issues with number of teachers and advertising on the main page as there is a large volume of teachers.

You can edit your class/workshop in your members page by editing the title of the class to workshop etc. There is also the BWY Facebook Members Marketplace Group for members to advertise their classes, retreats etc. Here is the link to the group:

https://www.facebook.com/groups/582470302213261/?ref=pages_profile_groups_tab&source_id=1001295206574467

Community Centres are opening up again soon, what are our insurance guidelines? Numbers, face coverings etc. (Elaine Whittaker)

Covered in best teaching practice guidelines and our current statement alongside the difference between social and commercial gatherings.

Is Small Acts Of Kindness a conflict in the interest of teaching members. Is it not taking away paying class members from our online classes? (Paul Smith)

Small Acts of Kindness is for those who don't have the means to afford to pay for yoga. So this should not be taking away paying members as it is for people who would not have the means to attend a class otherwise. When talking to potential students it comes up in the conversation about why these people are in need. It is a difficult and sensitive area. There is the possibility that some people may abuse that but this would usually become apparent in conversation.

I know it's been discussed before, but when you re-look at insurance please could you consider covering Birthlight Baby Yoga too. I currently have two insurances to cover one postnatal Mum and Baby class. This is not only expensive but could also be difficult if there was ever a claim. (Alison Tumilty)

If needed in the event of a claim the BWY would be able to clarify why you have two insurances as the BWY does not cover for baby yoga. If you would like to discuss this in more detail it would be best to discuss with a member of the training committee to answer this question. Here is the link to the document which discusses our stance on baby yoga:

<https://www.facebook.com/notes/british-wheel-of-yoga/mother-baby-yoga-explained/2824188440951792/>

We can't teach Yoga to the world at large and we can understand why that is the case for asana, but why can't we do this for relaxation. Please could this be clarified.

Physical health and mental health are both important to us as a yoga teacher. We don't believe we should take it for granted that relaxation and meditation would be helpful to everyone. A lot of people are experiencing Isolation, stress and anxiety. It has been predicted that Coronavirus could result in PTSD for some people. For certain types of depression this could be made much worse by certain types of relaxation practice. A Facebook Live of this nature doesn't allow us to be able to go into sufficient detail for the different types of practice that might suit different people. Somebody who is of a very low mood for example may not be helped and may feel worse by something that is very introspective. Someone who suffers with anxiety may find the relaxation techniques more helpful.

If we are teaching to people that we know, or if people who are new to us, when we have a one to one exchange with them, we will very quickly get a sense of whether that person is in place where they are going to be emotionally, mentally and psychology safe with an online relaxation, meditation or introspective exercise. Any teachers who don't teach that type of class as a matter of course we would encourage you to really think about it. We want to feel absolutely sure that we are not doing anything that will make their mood worse or that they will leave the session feeling even more down. It is really important to check in when you are teaching that type of work online as it is not so easy to notice levels of distress in an online environment. I hope it's clarified why it is really

important to give proper attention to people's mental health safety when teaching online not just their physical safety.