

# Notes Following the BWY Facebook Live with Vice Chair, Gillian Osborne, 16th July 2020

Following this live there has been a revision to the guidelines so we enclose the very latest advice in these notes, which may supercede the advice in the live:

## **Current Guidelines:**

1. Follow guidelines of the government for the country in which you are residing and teaching.
2. Follow Sport England guidance if you are in England.
3. Follow BWY Best Practice Guidelines.
4. Follow Procedures for the venue or outdoor space in which you are teaching.
5. Perform risk assessment and keep a documentary record.
6. Ensure that whatever teaching arrangements you have in place, your students are comfortable with them and feel safe.

## **England:**

Outdoor: Teaching up to 5 people.

Indoor: Teaching 2 households (including yourself) currently permitted, from 25th July teaching unlimited numbers 2m apart hence size of indoor space will determine numbers.

## **Wales:**

Outdoor: Teaching up to 29 people

Indoor: Indoor sports facilities remain closed

## **Scotland:**

Outdoor: Teaching no more than 5 households per day (including yourself) and a maximum of up to 15 people per session/class.

Indoor: Gyms, fitness and leisure centers are not open and will be reviewed 31st July.

## **Northern Ireland:**

Outdoor: Teaching up to 9 people at any one time in public outdoor space or private gardens.

Indoor: Indoor gyms and fitness centres now open, provisional reopening date of 7th August for leisure centres.

**Social distancing and hygiene measures must be observed at all times.**

It's important to remember that we are talking about some guidelines that are going to come into effect in England on the 25<sup>th</sup> of July. There is a lot of contradictory information around. We have had people posting things from different websites or quoting CIMSPA, so it is really easy to get lost in all of the different information and become confused. We need to keep things really simple, first we need to follow the government guidelines for the country we live and teach in, then, if we are in England, we also need to comply with Sport England because we are the governing body for yoga and must follow their recommendations. Then everyone, wherever they live, must follow the BWY best practice guidelines and then finally the recommendations or rules for the venue or outdoor space in which you are teaching. If we look at things in that order this should help to clear up any confusion.

At the moment we have a situation where indoor activities in England are being permitted from the 25<sup>th</sup> of July and the number of people that we are able to teach will be governed by the size of the room. We need to obey the 2 metres social distancing. Our position on teaching outside remains at 6 people for England including the instructor, but remember that we are going to be getting some more guidelines from the government in all likelihood before the 25<sup>th</sup> of July. The reason that we are at 6 people outdoors is that Sport England has taken that position and so that is the position that we are adopting. It can be very unsettling when we don't know quite where we are, and the regulations and government guidelines are not terribly clear a lot of the time so they can be open to interpretation and they don't cover all of the different activities and therapies that are available so we can only sometimes compare like with like or follow the governing body whose guidelines we adhere to. In this case it would be Sport England for those in England.

### **How much space indoors and outdoors around a mat?**

All classes will be doing different things so you as the teacher will know how much your students are going to be moving off the mat. Students need to be at all times 2 metres apart from each other. If it were me, I would say that I want this to be 2 metres between each mat rather than 2 metres from the centre of one mat to the other for example. We need to remember we must consider our students and their feelings of comfort during a class. If students are worried about how close they are to other students every time they move, this will affect their practice and any benefit they will get from doing yoga in these circumstances will be reduced.

### **The rules for hot Yoga? (Anita)**

There aren't any rules for hot yoga specifically, but the guidelines specify that there needs to be adequate ventilation so it's not going to be possible to do hot yoga because you are not going to be able to heat up an environment if it is continually ventilated. It is not specifically in the best practice guidelines, but we wouldn't recommend that because in the guidelines we are recommending adequate ventilation so hot yoga would be contrary to that.

**Relating to indoor teaching I believe it's 2 metres between mats, but I have now heard that there is a maximum number of students as well. Could you clarify please. (Lynne Boardman)**

It is 2 metres between mats, but what the guidance says is that it can reduce to one metre if people are wearing face masks and employing other appropriate covid-19 safety measures. This brings us back to the point of how much benefit students will get out of a Yoga class if they are beginning to be conscious of how close they are to someone else. That is something to bear in mind that doesn't relate to guidelines but is more a question of ethics.

There isn't a maximum number specified in the guidelines for England on 25<sup>th</sup> July, but it is going to be governed by the size of the room, how far away the students will be and if they are going to be able to hear the teacher. Also remembering that we are still to operate hygiene measures, how many students is it realistic for one teacher to properly supervise in that situation. The numbers will be self-limiting because of the size of the room and the need to have the distance.

**I don't understand why it is 2 metres when it is only 1 in pubs (Catriona Orr)**

It can be difficult to understand why the government guidelines are what they are in certain circumstances but we can only assume that the thinking behind this is that as a movement activity people will be moving around much more than they should be or need to be in a pub environment and so the distance needs to take in to account this movement when thinking about the distance between people.

**Do we have a risk assessment template? (Jackie Morton)**

Risk assessment available on Covid-19 news page on the Website and under teacher resources on members page.

<https://www.bwy.org.uk/covid-19/>

**I have received an email from a friend saying DCMS have informed EMD that group exercise instructors and personal trainers fall in the business category so we can have up to 30 people outdoors including the instructor. Have we heard anything about this from DCMS or CIMSPA? (Maria Oliver)**

In England we are following Sport England's recommendations above anyone else, including CIMSPA. CIMSPA are not a firm authority for us at the British wheel of Yoga whereas Sport England are. The guidance at the moment from Sport England for outdoors is 6 people as a maximum.

**I would like some advice as to how to lay out mats so as to achieve social distance and for everybody to hear you outside (Bec Thomson)**

This can depend on the outdoor space and what is going on around you but for outdoor practice if the space is big enough I like to have a circular or semi circular shape so you can

be in the middle with equal access to all the students. You do need to look at the outdoor space though and see what you are working with to decide what is feasible.

**Yoga Alliance have also emailed to say that they are happy to have up to 30 students in their outside classes so I'm hoping that you will be changing your guidance, expanding the amount of students you can teach to reflect the wording of the government guidelines (Janine Kelly)**

We are still at 6 with Sport England for the British Wheel of Yoga in England. We don't believe that Sport England is an authority for Yoga Alliance and there are in any case different guidelines per country within the UK. We will be giving an updated position if there are any last-minute changes before the 25<sup>th</sup> of July.

**Please can there be a document created of the crucial new guidelines rather than having to sit through a video conversation and wait for information it is not the clearest format for setting out information. (Rebecca Oakley)**

The Facebook notes will be uploaded on the website and on Facebook with all of this information in written form.

**Community Centre and public space halls are currently saying they will only allow outdoor classes at their venues. Do you think this is likely to change soon? Halls and yoga studios can be run in the exact same way to remain safe for students. (Sian Swyny)**

We expect a lot will change before the 25<sup>th</sup> but it is very difficult to speculate how things will go forwards and change. We can only carry on with guidelines we have at the moment and continue as new information comes in.

It is not always easy as the guidelines are very difficult to interpret. For example, there is a discrepancy between the outdoor and the indoor guidelines in England, but I don't think that will remain.

Individual community centres and halls can decide what they are comfortable with or what they will allow as there are many factors they will have to consider before opening up their rooms for classes. Ease of access, corridors and walkways, bathrooms, ability to make covid safe with cleaning and hygiene measures, and so on.

**I only teach one household at a time in my private studio and am two metres from the person or People. Do I rightly assume the people from the same household do not need to be two metres apart? (Susan Spreckley)**

Yes, you do, that is correct. The social distancing with the 2 metres only applies to people who are not from the same household. So, if you are in the same household or are in a bubble with another household you do not need to maintain the social distance of 2 metres unless they want to. They just need to far enough apart to safely practice and 2m apart from others who are not in their household or social bubble.

**I'm looking at opening a hot yoga studio and haven't committed yet other than a franchise fee. I'm worried as to whether I should or shouldn't invest anymore for my property as I have no idea how this will affect hot yoga studios. Surely if rules don't change it means closing the curtains for hot yoga studios? (Anita - Ayogalife)**

We can't speak with authority on that but given that the guidelines regarding ventilation are unlikely to change in the near future. Sadly, at the moment it doesn't look promising for hot yoga.

Angela Brier-Stephenson, another commenter recommends talking to your franchise for guidance which is good advice since the franchisor will have a vested interest in helping you make this work.

**Any Guidance regarding the need/recommendation of wearing a face mask while teaching indoors? Both as a teacher and as a student? (Elena Rodriguez Romero)**

We don't have in the best practice any guidelines that you need to have a face guard when working at 2 meters social distance but if you want to do that or if students in the class wanted to wear a mask if that makes them feel more comfortable then you can certainly do so.

When working at less than 2 metres you do then need to wear a mask.

**I'm still providing videos over the summer but thinking for September. You may have said, but are we required to do a formal risk assessment? (Tracy Harris)**

Yes, you do need to do a risk assessment. When we renew our insurance at the end of October/ beginning of November we will know what our options are for teaching to the world at large online and that information will be made available when the time comes.

**Should all of these rules and regulations be the same for any health club we teach for? And if not, what do we do about that? (Julie Wraight)**

You need to look at the government guidelines, Sport England if you are in England and then BWY guidelines but then you still need to observe the rules of the individual health club. If they are independently owned, we have no control over that and they may choose to have tighter regulations than our best practice or the government guidelines.

**Do you have any more information about the requirements for cleaning the floor between classes at halls? (Maddie Best)**

No, we don't have any more information than last time. It is most likely the responsibility of the venue to make it covid safe, but you need to check that in your hire contract. If you are teaching back to back classes, make sure that you clean the floor yourself between classes. You do need to remember that even if it is the responsibility of the venue to clean before the period of hire, it is your responsibility to make sure that the cleaning has been done.

### **Are the Rules any Different for Pregnant Students? (Nicola Tyler)**

Answer from Regional officer Michelle Misgalla who is on the NEC and teaches Pregnancy and Postnatal Yoga:

‘Women from 28 weeks pregnant are considered a ‘vulnerable group’ – not because they are more susceptible to the virus or that they can pass it on to their baby but because there is evidence to show that if a pregnant person contracts the virus in their third trimester it can be more severe – and have been advised to shield.

From 6 July, pregnant women can exercise outside in a group of no more than six from other households, from 1 August shielding is lifted for all vulnerable groups not just pregnant people from 28 weeks. They can exercise indoors but with two metres distancing plus other regulations for indoor exercise\* this does not include any local lockdown areas, within which the full shielding guidance would still apply’

**I had a question about insurance and online videos. Can I take out insurance with another provider that allows me to share videos with people who haven’t filled in a health questionnaire. These are children’s yoga videos so all about games and stories. I wouldn’t want to do this for teaching adults. I have been offered some work I’d hate to turn down.**

You are free to take out insurance from another provider. In the event of a claim it would not be an issue to have two policies as we would be willing to confirm in writing that we don’t provide cover to an unrestricted audience at this time.

**I think it’s important to acknowledge that some teachers (in England) may not be able to teach indoors after the 25<sup>th</sup>, as many venues will be far too small to accommodate two metre distancing. So guidelines around outdoor teaching are still important even after the 25<sup>th</sup>. I don’t think people are expecting to teach 30 (as per the queries around businesses operating outdoors), but it would be nice to be able to increase outdoor numbers slightly to a safe number e.g. 8 or 10. (Janice Procter)**

I am completely in agreement with that. Sport England are in talks at the moment to increase those numbers. We do believe that this will change soon but until that time the number is still 6 in England. If you have people who are happy with 1 meter you can do that, but you do need to observe all of the hygiene measures and mask wearing in order to do this.

**Will the teachers have to supply hand sanitiser or the centre/hall where we teach? (Linda Scott)**

Hand sanitiser does need to be supplied. The centre or the hall probably will do that but I would definitely provide your own.

**What is required to make sure a hired room is ventilated i.e. village halls and older buildings? (Lynne Boardman)**

I would say that windows would all need to be open and if it is possible to have the door open as well that would be better.

**All my classes are in community venues. As of the 25<sup>th</sup> of July, will I still not be able to hold classes in these venues for students two metres apart? (Sarah Gott)**

Yes, you will be able to teach in community venues indoors from the 25<sup>th</sup> in England, providing the individual venue allows for this.

**I have been in a few places since the last government briefing (such as dentist, contemporary therapy etc) and they all checked my temperature for indoor space, so what are the covid secure requirements? I am planning to ask students to check their temperature at home before coming to the classes. (Aslihan Yenigun)**

It is not currently part of the BWY guidelines that you need to check temperature, but it is a very good idea if you would like to do that. If students have a thermometer and are happy to take their temperature this would be a further safety measure and good evidence of responsible teaching in the event of a claim.

**Does the 25<sup>th</sup> dated apply to Wales do you know? (Sandra James)**

At the moment the change for indoor teaching on 25<sup>th</sup> July only applies to those living and teaching in England. We await further guidelines for the rest of the UK.