

# Notes Following the BWY Facebook Live with Vice Chair, Gillian Osborne, 27th August 2020

**Can we teach online classes to students in other countries? (Sue Bowler)**

Yes, you can teach under the same circumstances as for online classes with someone in this country i.e. closed group, health questionnaire etc.

**Like many teachers I am preparing to return to teaching, I used to teach several classes at different locations in one day to different groups of students. One of these is a school. Is there any guidance about whether moving between groups in the same day is advisable or not? (Janine Rusby)**

Yes, this is fine. We are able to teach different groups within the day providing that when we're teaching those groups, we are observing the social distance and hygiene measures ventilation etc.

**I can see government guidelines say that vulnerable groups such as the over 70's can exercise indoors but those extremely vulnerable can't indoors yet? We know most things from our health forms but don't always know everything. Do we need to explicitly state clinically extremely vulnerable can't come or do we assume that people will make wise choices based on their own lives? (Janine)**

On our health questionnaire students are informed that they are obliged to tell us if their health status has changed from that stated on the form, when they attend a class, whether online or face to face. Based on the information that is provided in their questionnaire you will probably already know of any issues and then be able to advise those students personally. If somebody's health status has changed, they need to be informing you. At the start of either your Zoom class via the invitation, or if you are teaching face to face before the class starts, you would need to be clear that if the status of their health has changed they need to let you know. You can then make an assessment about whether or not it's advisable for them to attend. For somebody who has already had a significant health status change or who is already in a vulnerable category, they would need to check with their GP or any other health professionals who are involved in their care. You have to make an assessment based on the information given to you. If students are not disclosing health information, you would not be held responsible as a teacher, if you've done everything that you can to ask them to disclose current health status.

*Additional info from Paul at Yogasmiths regarding whether a person would be considered as 'frail': We have some very frail people in our GYY class and that class is appropriate for them. These people would not be suitable for a general class though. A very basic thing I use to determine which class to direct people to is to check if they are ok getting up and down from the floor and that gives decent insight into ability/activity level.*

**I would like clarification on whether or not a room that has hot air central heating can be used to teach yoga indoors? Also, as others have mentioned, in the middle of winter how can we have fresh air ventilation. Doors and windows open cause the room to be cold, so how can we practice without getting freezing cold and have possible injuries occurring. In the space I teach in, even with the doors and windows firmly shut people complain that the room is too cold. (Maxine Thomas)**

You can put the heating on in the background with the windows and doors open to provide some heat. As far as the cold goes at this time, you can explain to your students that we are obliged to have the ventilation in order to follow the safety measures and ask them if that is going to be ok for them. Then advise to bring extra blankets and to wear warmer clothing than they would normally for the class. For relaxation a blanket or blankets can be brought by the student for their comfort. As with the rest of the Covid situation it's important that we just keep in the moment because we are not in winter yet,. Yes, it is something that we need to think about, but things are most likely to change again before we are at that stage.

Regarding heating, there isn't anything in the guidelines to say we can't have a warmer environment. You need to check with the venue where you are hiring a space if they have a ventilation system that is recycling the air or whether it is being drawn from the outside. Heating that is delivered by an air conditioning system through a unit that isn't drawing the air from the outside is not permitted at this time. We have already been chasing up Sport England for more information about this but at the moment there isn't specific government guidance for some of the issues being raised.

**How about the wall mounted electric heaters that blow hot air around the room (Janice Procter)**

The air should not be blowing directly onto the students. There are lots of different scenarios to be considered and situations that won't have been mentioned specifically. We won't be able to clarify that, in terms of the government guidance but our best practice advice is that heaters blowing air into the room is acceptable providing it is not blowing directly onto students and you have ventilation. In the unlikely event of a claim you would be covered if you were using a room with heat blowers, providing all of the other measures relating to hygiene and ventilation were being employed.

**Technology and online yoga recommendations or advice etc. Resources from BWY would be really helpful please if possible? There are so many differing opinions, forums etc, it can be overwhelming. Having a steer from a trusted source would be most appreciated. E.g. does BWY have a web page or specific post thread on this please or suggest other sources starting with the basics. Mics, cameras, camcorders, webcams, wide angled lens etc. (Susanne Calvert)**

Gillian has used spotlights to direct on herself and been using her laptop. She has not bought anything additional. For the platform used she has been using Zoom as she has tried a few and found that to be the most user friendly.

Yoga teacher online support group

<https://www.facebook.com/groups/1066032637096958/>

YSS Links

<https://instituteofyogasportscience.mykajabi.com/YSS-online-yoga-teaching-resource>

<https://www.bwy.org.uk/yss-20hour-howtoteachonline-course/?fbclid=IwAR06enWfcfWY9jEezA6xoO58E8Tt27Y6cwT850SqWl68Xo1itVut8UABX9s>

The BWY Facebook page has a teachers group where you can post questions.

**Could our insurance be upgraded to include pre-recorded classes to unknown persons?  
(Judy Needham-Crane)**

This is something we are looking into; we are going to be sending out a survey at the end of September as there are a number of things we'd like to know from members before we go to the renewal.

**A request for corporate membership of the BWY to be considered when negotiating the new insurance agreement? I'm sure there are a number of teaching members who run their business through a limited company who would welcome this either as a stand-alone thing or as an extra bolt on. (Paul Steve Yogasmiths)**

Gillian is going to make sure that we include that question in the survey to find out how many people would be interested in this. When the insurance provider is working out any additional premiums, it is useful to know how many people might want to take up that option.

**Guidance on one to one teaching in the teacher's home and in the home of clients as well as the carpets issue, and for the guidance to be in document format. (Alison Tyler)**

The guidance on teaching one to one in the teacher's home would be the same as a venue. i.e. the same as the guidance that is incorporated into our best practice for teaching indoors at the moment. You would treat the home as a venue. If you are teaching in the home of a client, you are not responsible for any of the safety measures because that is the client's home, they are responsible for their own safety in their home environment. It would be you that would need to consider as a teacher whether you felt that you were at risk. If the client had been abroad for example and was supposed to be in 14 days quarantine, it certainly would not be recommended for your own safety. In a client's home you are under no obligation to ask the client or the family to observe hygiene measures.

**What about a room that we have used in the past that is carpeted? Should we use this space or not? (Angela Blezzard & Emma Jane Cahill)**

We are very reluctant to endorse products because we don't want to be seen as promoting anything or having any kind of conflict of interest or financial interest. We do happen to know that Air BnB are recommending a particular product called Sursol Fabric and upholstery disinfectant spray, which can be used on carpets or chairs with a fabric seat. There are other products available. Steam cleaning is also fine for carpets. Some people are saying that Parquet floor can't be adequately cleaned. So for carpets and floors you can provide or ask your students to bring a clean fabric sheet such as a bedsheet to go on top of the floor but underneath their yoga mat so that when lying on their mat with their arms and legs out they would be touching the sheet and not the floor. On top of carpets this should be fine but for other floorings where cleaning cannot be carried out you would need to test to make sure this would not cause a slip hazard. If you are providing coverings yourself, they need to be changed between students. You would also need to add this information to your risk assessment.

*Vicky Richings in the comments mentions Hypochlorous acid which is fabric friendly and used in hospitals. Also pet and skin friendly.*

**Number of clients per room? Social distancing two metres? (Tessa Bailey)**

There is no maximum number of students in an indoor space. It is governed by the size of the room because the students need to be two metres apart so that they can observe the social distancing. If two metres is not possible it should be no less than one metre apart and this necessitates the use of face masks.

**If a couple are coming to a class from the same household, do they need two metres between their mats? I have quite a few couples so this would make a difference to my overall numbers. (Marney Palmer)**

People from the same household don't need to be socially distant from each other but they do need to maintain that social distance from anyone else in the class.

**Is chanting allowed now during class? (Dipika)**

*Information regarding singing not being permitted in Church was posted in the comments by Karen Thursby*

Chanting is not something that we have addressed yet so thanks for bringing this up Dipika. Wendy Haring has provided this information:

There are three kinds of chanting - 1. aloud (*vacika*); 2. whispered, softly (*upamshu*); 3. silently, mentally (*manasika*). From the Yoga Yajnavalkya (II.15) "Whispered recitation is a thousand times better than voiced *japam*, whereas mental recitation is a thousand times better than whispered *japam*"

Taken from The Encyclopedic Dictionary of Yoga by Georg Feuerstein 1990 Unwin Paperbacks P.153

In line with the government guidance on congregational singing we don't recommend kirtan or chanting in face to face classes at the moment, other than whispered or mental recitation, which is clearly manifestly more beneficial ☺

On a connected issue the advice from Wendy Haring regarding pranayama is that the forceful, strong breaths 1) kapalabhati, forceful exhalation and 2) Bhastrika forceful in and out shouldn't be done in class. Relaxing and balancing practices are fine.

**I'd really like clarification please on why the focus is on the hygiene of the floor only? If Covid-19 is an airborne disease then surely all the surfaces of the room need to be cleaned too. Also, isn't the virus still going to be in the air in the room if the windows and doors have been opened unless there is something to suck it out. I teach in a room with carpet tiles and curtains, so clarification is essential if I am to teach in person again. I echo the other thoughts on doors and windows being open on rainy days like today and cold days and certainly for evening classes. (Georgie Creek)**

There have been a lot of questions about floors because that is the surface the students are coming into contact with the most. However, everything that you use such as props and surfaces needs to be cleaned. As part of the procedures for participating in class things that need to be looked at include: Making sure that students don't come into contact with each other as they are entering and leaving the room, that you have an agreed way of accessing the bathrooms, that the doorknobs and sides of doors need to be wiped between classes. Anything that students are going to be touching needs to be sanitised. Students should have free access to hand sanitiser and be encouraged not to touch their faces and to use the sanitiser every time; if they leave their mat to go to the bathroom for example.

As far as it being airborne, the measures that we are implementing or recommending that the government are implementing, are best practice measures. These are really measures to say how we can limit the spread and if you follow these procedures you will be covered by the insurance. There is going to be risk, there is a risk if we go out anywhere. So, we need to make decisions about what we are comfortable with and allow our students to make that decision too.

**Is it acceptable to use the chairs in the venue as props for those who need them if I provide sanitising wipes for the students to clean them at the end of the class? (Leigh Marchant)**

Yes, that is fine, but the chairs would need to be sanitised before they're used and if they have fabric seats you do need to have the fabric sanitiser as well.

**I'd like to know the responsibility on cleaning? (June Roberts)**

The responsibility for the cleaning falls with the person who is providing the venue, but it is the responsibility of the person renting the venue to ensure that the cleaning has been done.

In practice, it would seem that a lot of providers of venues are very reluctant to be responsible for the cleaning or are flat out refusing to do so. In that situation, it's got to be a bespoke response. If the venue won't carry out cleaning, you have to think about how practical it is for you to do the cleaning yourself. What won't be acceptable is that no cleaning takes place.

As the person hiring and using the venue it is your responsibility to make sure the cleaning has been done. So, if during the exercise of making sure you discover the cleaning is not being done you have to then either decide whether or not you want to take that responsibility on yourself, or whether you want to find a new venue, or whether you want to speak diplomatically to the person hiring the venue to you. Yoga teachers are not COSHH trained (Control of Substances Hazardous to Health) so this is something that can also be brought up with the venue.

Link for COSHH from Health Executive.

<https://www.hse.gov.uk/coshh/?fbclid=IwAR3e0Y8MHf9Rx05v719dld1f5urhbmzZzwp0HW3ldRzI8e2rD0rTaw8N5P0>

It is worth noting that if you are using any COSHH substances (which I should imagine sanitiser and cleaning products of this type are), the products must be listed in your risk assessments with precautions necessary. Plus the Fire Service like to have a list of all COSHH substances in a building listed at the front entrance.

It seems that many spaces will conduct full cleaning daily, but will ask that teachers clean in between classes as part of the rental agreement as they don't have the resources to do this, particularly in community centres or village and church halls where they are volunteer run. There is room for negotiation and compromise in terms of the cleaning between you and the venue.

### **Thoughts on air purifiers with UV light to reduce risk? A plug-in item to take into the class. (Commenter)**

We wouldn't say that you have to do that but if you want to do that, this is just further evidence of you taking every precaution as a teacher to provide a safe and clean environment.

### **Does BWY have advice about home building and contents insurance if we start to use our home as a studio? I have found numbers allowed per week can be very low on initial enquiries with my insurer. (Adele)**

.Home buildings and contents insurance will vary between providers. There will be an increased risk if you are going to have a lot of people passing through your home and that is something we wouldn't be able to advise on. Bearing in mind that a lot of people have started working from home, starting to use your home as a studio does have ramifications that go beyond insurance. You also need to contact your local planning departments but permissions may be very much locally based depending on where the property is and how much traffic is likely to be created or impeded.

**More teachers are happy to do pre-recorded classes can you speak a bit about what the position is re this now. (Alison Trehwela)**

Pre-recording classes are fine to deliver to a group of students that you know (i.e. you have a health questionnaire/disclaimer from them and have conducted a short interview with them to ascertain their suitability). It is delivery of pre-recorded material to the world at large, an open unrestricted audience, that is not covered at this time. This is something that we are going to be looking at with our insurance provider when the policy renews in the next couple of months.

**Do we need the student to sign another form for live classes with a disclaimer? (Stacey)**

No. We are insured if one of our students were to contract Covid in a live class if we follow best practice and government guidelines. The disclaimer that we use for the online teaching is required because of the inability to do a risk assessment when teaching someone remotely, the inability to properly see what they are doing and therefore to assist them. That disclaimer was entirely to do with remote practice and not directly to do with Covid; it was because we were using a different mode of delivery for teaching. You will be fine with the usual questionnaire.

**Is there any discussion on when hands on assists will be permitted? (Nicola Harpin)**

Assists are the subject of a lot of discussion; assisting people, adjusting people, correcting people, whatever we call it these are controversial and worthy of discussion outside of this facebook live. There are issues regarding how sensitively this can be done and how it can be done without disempowering the client. However, in terms of covid at the moment it is permitted to assist students but in terms of best practice, to only do so if it is absolutely necessary. Verbal assistance would be the best way forward at this time.

In the context of teaching someone with an educational need or learning difficulty or a physical disability where perhaps communicating with verbal cues is more difficult or inadequate, the need for assistance may be more likely. In this situation there may also be a greater likelihood of the student becoming hurt or compromised in some way if they are not assisted. It is a question of whether or not it really is necessary and how much assistance is needed. You will need to use your own personal judgement and be sensitive. This is a complex issue for discussion and we're hoping that we will have a forum to explore this separate to the Facebook Live.

**I'm employed, no contract, by a charity to teach its members in a community hall and find it difficult to decide on who cleans and who has the overall responsibility that cleaning has taken place of the four potential parties: members, charity, teacher or community centre. I don't take money or keep the register, the charity does that and I don't have contact with the members in between sessions but do obviously perform my duty of care with health forms and informant info as well as the on the spot risk assessment re trip hazards etc. Clarification would be appreciated. The parties could potentially work it out between**

**us to everybody's satisfaction so I don't want to commit to something that will invalidate my insurance. Furthermore, the room is carpeted. (Vibika Gibson)**

There are a lot of issues to consider here, hopefully we've covered most of these during the session. We've covered the carpeted rooms and how to deal with that. We have also covered who is responsible for the cleaning and how, even if the responsibility falls on to the person, organisation or body that is providing the venue it might be appropriate sometimes that the person who is hiring it, in this case the charity, comes to some sort of agreement over cleaning where it is not practical for the provider of the venue to do that. Within the four parties, there is no obligation on the members/students. The person with overall responsibility to make sure the cleaning has taken place would be the teacher not the charity, because although the charity is a middle person it is the one delivering the teaching, who is insured to teach and it is a condition of your insurance as teacher that you make sure the cleaning has taken place. If it hasn't or the community centre are not willing to do that then it is fine if the charity, the teacher and the community centre to decide between them that they want to collaborate as far as the cleaning goes, but there would never be any obligation on the members who in this particular example are the students.

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