

Notes Following the BWY Facebook Live with Vice Chair, Gillian Osborne, 1st October 2020

General Notices

A reminder that if you are in local lockdown you need to follow the local rules.

<https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19>

Also, our BWY Facebook groups provide a discussion forum that is a BWY member benefit, so we do ask a few questions when you join, just so that we are able to identify who you are. You do need to answer these questions to be accepted into the group, because it isn't feasible to look up individual people to check membership.

Questions and Answers:

I heard we need to register by paying £60 or so with the QR code. I heard that I should decline the attendance of students who refuse scanning the code. Should I really? (Aslihan Yenigun)

It should not cost anything to create your QR code. There is a link on our website on the Covid-19 news page with a link that will tell you how to download your QR code.

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

You would be responsible if you refused access to students who didn't give you any contact details. However, you should have details of students participating in your class as you would already have pre-screened them with your health questionnaire and be keeping a register of attendance, so you would have their details and you shouldn't need to decline people.

How can I control the students? As I know some people don't scan but say that they did. (Aslihan Yenigun)

We cannot control anybody apart from ourselves. You can request that your students do scan, but if you suspect that somebody hasn't scanned you will have their details anyway so if track and trace does come into effect for that class and the students are automatically contacted, you would be notified too, then you would be able to pick up on anybody that wasn't included in the track and trace automatic notification but who was attending the class in question.

One of my fellow yoga teachers received a message on the app about going into self-isolation, after being in a place where she was two days before the other person who was in the same place two days after her and tested positive. This proves that the app doesn't work properly. How can I keep it mandatory for an app, which is not fully functioning? (Aslihan Yenigun)

It is likely that this is a glitch that will already have been reported and this will be rectified as this app is new and there will be things that need to be smoothed out in its use by the creators of the app. It is best practice to have the code and do the scanning, we can't control everyone, and it won't work perfectly, but we have to follow this as this is the guidance that is put in place by the government.

Two of my venues have different rooms and facilities with completely separate entrances, and even in different buildings, but using the same QR. So logically, my students may receive a message for a case which they never came into contact with, not even close, but in the same place in two different classes in the same time. How does this system work in terms of giving info to the app users? (Aslihan Yenigun)

As this app is not a BWY initiative but a government initiative, although it is not perfect, we do need to follow it to the best of our ability. The app also uses Bluetooth technology alongside its algorithm to calculate whether users of the app have been within range of each other.

We suggest speaking to the owners of the venue and ask them to register for two separate QR codes.

“If you have multiple points of entry you will need to ensure that you have a system that meets the legal requirements. This may mean adapting the way that customers and visitors circulate in your premises” (<https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace>)

Do I need to have my own QR code? (Aslihan Yenigun)

No, not if you're operating in venues, they will have QR codes. You need to have your own code, if you're operating in your own venue, such as your own studio. It is the venue that needs the code.

I keep an online booking system and names and times recorded, so is a QR code mandatory for me? (Aslihan Yenigun)

The keeping of our information relating to those people that have attended our classes is something that we do anyway, but we still need to do the QR procedure.

Some people may refuse or not have a smartphone so in this case you can keep your own records, but we do need to follow the procedures and encourage our students to comply.

For more information about the app and Frequently asked questions please see below links.

<https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace>

<https://www.covid19.nhs.uk/>

<https://faq.covid19.nhs.uk/>

I'm in the northwest, and I've just been put in local lockdown, does this affect our teaching in the studio? Thank you so much for all your advice. (Deborah)

What we're getting into now is a very unfortunate situation where there are so many variations of what we can and can't do that we need to check for our own area. On our website and Facebook, we have posted all of the government advice for England, Wales, Scotland, and Ireland (and Northern Ireland if it's different). And then we obviously keep up to date, (because the BWY is located in England), with Sport England. We also check for the sport bodies in the other countries as well. So, you need to consider in this order:

1. Government guidelines for your country
2. Sport England or other governing Sport Body guidelines if you are not in England
3. BWY Best Practice
4. Local Geographical Restrictions (such as local lockdowns)
5. Venue specific regulations for where you are teaching

Remember that local measures may be completely contradictory to the measures for the country in which you are living.

You will need to double check your local guidelines but if you and your students are within the local lockdown area you can still move within that area for your classes. As your classes are for your business this does not come under the category of socialising and can still continue.

For a link to the government website for local restrictions please see the below link.

<https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19>

I'm teaching in my garden. Do I have to download a QR poster? I have a very small group, most of whom either do not have a mobile phone of any kind, or they leave them at home to save disturbing the class. My second question is, what is the situation regarding face to face teaching please (Dee Cammack)

Yes, you need to download a QR code. If you're a self-employed teacher, the garden, in this situation is your venue and all venues need a QR code. You can tell your students that they need to bring their phones, scan the code, and then put the phones away. And if they don't have a phone, then you will have a register of who's attending.

The second part of the question regarding face to face teaching depends on where you live. Face to face teaching is allowed everywhere else, but in Scotland there has been a distinction made between organised sport and personal training.

The BWY would want to support you to continue teaching. While Yoga is not personal training it's not really organised sport either. We would frame it within organised sport, which is permitted, so you would be able to teach yoga if you live in Scotland.

What about just meditation classes? Are they limited to a max of six? (Claire Anderson)

The rule of six applies to socialising and there are different rules regarding socialising and exercise. The rule of six does not apply to us for yoga teaching as we fall in one of the exemptions. It does not matter if it is meditation or asana as we still fall within the exemption. If there were no exemption, asana and meditation fall within the same category for the purposes of yoga practice so there would be no distinction between the two.

I use a village hall; they said the hirer is obliged to acquire and use a QR code. I've also been told to clean afterwards and complete a form. Is this my responsibility? I pay increased hourly rate now too. (Jody Richmond)

It is the venue that needs to get the QR code, but you are not precluded from getting one. Some venues such as village halls are often run by a committee of volunteers and they may not be technologically competent. So, if you're using a venue that either doesn't have a code, or they're maybe not confident about how to do it, or are not familiar with the legislation, as a self-employed teacher, you can get your own code.

As far as cleaning goes, we've had this question come up before. It is the responsibility of the venue to do the cleaning. But it is your responsibility to make sure the cleaning has been done. And in some cases, that's going to mean that you have to do the cleaning yourself particularly, again for example, in a village hall setting where they have few resources. It might also be worth trying to negotiate with them and come to a reasonable compromise. There have been grants available to halls and clubs of about £10,000 pounds so it might be worth encouraging local village halls to investigate this option.

Regarding ventilation, isn't this all about balancing risk? There's a risk that my students will get injured because they are doing yoga in the freezing cold. The risk of catching covid when people are spaced two metres apart is surely lower? (Jo Coleman)

There's a great deal of merit in what you're saying, Jo, but we don't have that choice, because those are the government guidelines. These are the instructions they have given, so, that's what we must comply with. If we want to have indoor venues, we can use heating as well as the ventilation.

Another question about ventilation and the cold days coming. I wonder if there is a standard description about what makes the air circulation adequate for being COVID secure. For instance, how many windows should be kept open for a certain square metre? Or whether keeping doors half open? Is enough in a place with no windows? Or is it enough to keep one window and the door full or half open, etc. hope that makes sense. In warmer days, we used to keep all windows and doors open. But now perhaps having one window, half open will be enough for a room where six people can be fitted. If the number increases to 12 people, let's say, should I open another window. One of my

venues cancelled all my bookings because of this reason, as they said they must do random checks, say, if I follow the rules and no one is available to make this random check during the weekend. So, they simply told me I cannot use the room as the ventilation is not appropriate. (Aslihan Yenigun)

The windows and doors do not need to be wide open if they are propped open you should have an idea of the air flow as you will be able to feel the difference in the room from having them open. The room does not have to be freezing, there just needs to be an opportunity for fresh air to flow through the room.

Is there a time limit on classes to keep time spent together to a minimum?

There is no time limit on the length of classes.

Do we have any information about heating, I'm concerned that one of the places I teach has blow-heaters fixed above head height? (Jo Webb)

Even if this system is drawing air from the outside it should not be blowing directly on the students. You would need to look at the direction of the airflow. If it is directional you could organise the room with the 2 metres distancing so that it does not blow directly on the students. This could be an option.

Please, could you clarify if we can teach expulsive pranayama. i.e Kapalabhati or chanting in an in-person group, I would assume this is not allowed due to Covid government guidelines. (Jane Tumber)

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 should not be done in class. Relaxing and balancing practices are fine.

Do we still have to do a video consultation for new online students before they can join the class? (Julie Dodd)

You would still need to conduct some sort of pre-class interview with your students to ensure that the class is suitable for them but if they are familiar with the online platform you are using to teach then you do not have to conduct the interview in this way. If they are unfamiliar then it would be best for this to be conducted in this way to ensure they are able to use the technology. This way they are able to get prepared in advance and will feel more

relaxed at the first session and “held” by you as teacher. Just as with an ordinary face to face class you can ask people to arrive to your online session 15 minutes early so you can have that conversation with them and being able to see them, you can tell a lot from a student by how they move and present.

I live in Scotland, am I permitted to, and insured to, teach a one to one in a client's home, E.g. in their living room? (Nicola Burke)

Since we are governed by a Sport Body we can look at this under the head of organised sport, even though it's only to one person it is still an organised activity. You can continue to teach within these parameters.

Pre-recorded classes, where do we stand with insurance? I record my classes then offer the recording to students who booked onto the class and couldn't make it and to those who attend so they can use the class that week? If they like, I assume this is okay. (Caroline, Brindle)

Absolutely, this is ok Caroline. At the moment we are just not insured to sell pre-recorded classes to the world at large. So, if you want to sell a class you need to have a defined audience by having a Health Questionnaire from the student, which is what you are doing and that student either needs to be a private client or ordinarily belonging to one of your classes.

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