



## BWY – Remote Teaching Insurance Explained

### The BWY Insurer Requirements

Whilst some of the parameters of the insurance are set by the BWY insurer, the best practice guidelines are set by the BWY Training Committee. The BWY requires its teachers to follow best practice at all times.

### The Guidelines for Remote Teaching

The teaching of remote sessions via online platforms by BWY Qualified, BWY Accredited Teachers and recognised Teachers, is covered by the BWY teaching insurance. However, from the insurer point of view of managing liability, and from the BWY point of view of ensuring appropriate safety for participants, remote teaching, either live or recorded, must be delivered in accordance with the following guidelines:

1. Remote teaching must be provided via a secure medium, that can only be accessed by a user id, password or other secure method. Unsecured platforms are not suitable because sessions must not be available for anyone to join or view.
2. Teaching should be restricted either to existing students, who have already undergone the requisite initial assessment to ensure their suitability for the session, and familiarity with the training methods; or to new students who have been screened in accordance with the following procedures:
  - a) A BWY Health Questionnaire must be completed for every new remote student. This includes a health disclaimer.
  - b) An interview must be conducted between the teacher and every new remote student. This should be conducted wherever possible via the online platform that is to be used for the session in order to discuss the health questionnaire, perform a health assessment and discuss the general suitability of the student for the session.
  - c) Records of all pre-session health assessments/questionnaires must be retained by the teacher.
  - d) The teacher must specifically bring the attention of the student to the relevant remote practice disclaimer that relates to liability and the student's obligations and responsibilities and obtain the student's agreement to this.
  - e) Whilst the teacher must make every endeavour to obtain the completed Health Questionnaire, it is recognised that there will be students who will not wish to complete this or who simply do not return it. The revised BWY HQ therefore incorporates the use of an additional disclaimer to make clear that where the student does not return the HQ, they cannot be offered modifications and failure to disclose is their own responsibility.

All existing face to face students will need to sign the disclaimer for remote sessions even if they have already completed a health questionnaire.

Approaching remote teaching in this way will ensure that teachers have an understanding of any underlying health issues and students appreciate their own responsibilities.

3. All activities taught remotely must be suitable to perform in the environment in which the remote student is practicing. Teachers must therefore actively encourage participation in the session in an environment that is suitable, thereby avoiding potential injury and/or damage to possessions.
4. Teachers should issue “BWY student guidance for remote sessions” to all remote students, whether new or existing face to face students. These notes outline how to practice safely in a remote session and how students can maximise the experience of a remote session, thereby managing health, wellbeing and expectations.
5. The BWY gives guidelines on the maximum number of students for remote classes in different situations. It also expects its teachers to abide by their usual high standards when considering the roles and responsibilities of a yoga teacher in conjunction with the BWY Code of Ethical Conduct for teachers. Patanjali’s Yama and Niyama are always applicable in terms of the professional behaviour of a yoga teacher.

The maximum numbers set below must not be taken to be the essential ideal, because where a teacher is inexperienced, numbers in a class may be lower by choice. In the event of a claim the onus will always be on the teacher to demonstrate that adequate supervision was in place and so each individual teacher must keep to a class size they are both confident and competent to supervise.

a) **Regular Yoga Classes**

It is recognised that there will be a number of circumstances where experienced teachers are familiar with regular clients or new teachers are teaching a gentle practice that requires less intense supervision (these examples are not intended to be an exhaustive). The ratio for supervision in regular yoga classes is therefore 1:30. If there are more than 30 students being supervised by one tutor then the onus, in the event of a claim, will be on the tutor to demonstrate that adequate supervision was being provided. The BWY HQ must be completed as per point 2. above.

b) **CPD Regional Events**

Where these events are being attended by participants who are themselves teachers and because it is recognised that CPD events are delivered by experienced teachers, the ratio of teacher to student for the purposes of supervision is 1:30. If there are more than 30 participants being supervised by one tutor then the onus, in the event of a claim, will be on the tutor to demonstrate that adequate supervision was being provided. The BWY HQ must be completed as per point 2. above.

c) **Non CPD Regional Events**

Where these events are being attended by a mixture of participants, some of whom may be teachers, some of whom may be relatively new to yoga and some who are completely unknown to BWY, the parameters of risk are much wider. Therefore, the ratio of teacher to student for the purposes of supervision in these cases is 1:20. If there are more than 20 being supervised by one tutor then the onus, in the event of a claim, will be on the tutor and/or regional committee to demonstrate that adequate supervision was being provided. The BWY HQ must be completed as per point 2. above.

6. **Children and Young People:**

- a) Any BWY teacher wishing to teach children and young people, will be subject to meeting the same criteria and undergoing the same vetting process as they would to teach children in a face to face environment. These requirements are summarised in the BWY Safeguarding Procedure Checklist on the BWY Website.
- b) For classes involving children there must be a named parent/guardian who has agreed to supervise the child or young person during the session. Only the named person should be present during the session and they must agree to take full responsibility for the welfare of the child or young person during this session.
- c) Teachers should ensure that the online platform they use will only allow children, young people and their parent/guardian to view the teacher and not other participants in the session.

*Please contact Rebecca Morris, Safeguarding and Diversity Manager, on 07738 946320 [safeguarding@bwy.org.uk](mailto:safeguarding@bwy.org.uk) or if you have any questions.*

7. This policy extends to the teaching of yoga during pregnancy and to post natal/mother & baby yoga.
8. This policy extends to student teachers who have been assessed by their Diploma Course Tutor and deemed competent to teach.
9. All Teachers should follow all the usual BWY health and safety guidelines and comply in every other respect with the BWY standards of teaching.

**Notes:**

1. *Face to face teaching insurance is explained in a separate document.*
2. *In some cases disclaimers have been incorporated into existing documentation. Where this has not been possible they are available for teachers to copy and use or incorporate into their own documentation or emails. Disclaimers for remote teaching are available from the BWY in "BWY – Student Disclaimers Explained".*
3. *"Student Guidance for Remote Sessions" is a separate document that should be issued to all new remote students and to all existing face to face students before they attend remotely for the first time.*