

COVID STATEMENT 9th JANUARY 2021

This statement details the position in the four devolved nations. There are different rules operating at different times within and between nations and it is important that you keep up to date with the position for the geographical area in which you are living and teaching/practicing.

Whilst lockdown and/or tiered systems are in place it is crucial that all of the relevant regulations are observed so that you remain covered by your BWY insurance if you are a teacher, and if you are a student attending a BWY class, you know that your tutor is properly insured. The order of priority for adhering to covid regulations is:

1. Follow the Government Guidelines of the nation in which you are teaching/practicing
2. Follow the Sport Governing Body advice for the nation in which you are teaching/practicing
3. Adhere to BWY Best practice Guidelines in all nations
4. Adhere to any specific rules or provisions for the venue where you are teaching/practicing

Here is a current step by step guide for each nation:

ENGLAND

1. Government Guidance

The English Government has declared a national lockdown. Restrictions are all detailed here: <https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know#all-tiers> In brief: Indoor and outdoor sports and exercise facilities must close; this includes studios. Organised outdoor disability sport may continue, including yoga. One to one outdoor yoga can continue but only with one person, not with family or support bubble groups and only with one client per day. Youth sports are not permitted. The therapeutic exemption continues to apply, in accordance with BWY best practice guidelines. The position with regards to BWY L4 and FC vocational training is unclear. Whilst we await clarification we advise that this must cease.

2. Sport England

Sport England recognises BWY as the national Governing Body for Yoga and their statement endorses the government guidance above.

3. Follow BWY Best Practice Guidelines

4. Follow specific rules relating to your venue

WALES

1. Welsh Government Guidance

The whole of Wales is on alert level 4, which is “stay at home”. You can find full information here: <https://gov.wales/alert-level-4-guide#section-57847> Leisure and fitness facilities must close. The Welsh Government advocates following the advice of National Governing Bodies in relation to sports and accordingly gives a degree of discretion to NGBs.

2. Sport Wales

Sport Wales recognises BWY as the National Governing Body for Yoga. This means that the teaching and practice of yoga in Wales is directed by BWY. Organised outdoor and indoor exercise cannot take place. Individual activity can take place within your own household or support bubble but this does not include private sessions since that would be two households.

Schools and colleges remain open and so vocational training may continue.

3. Follow BWY Best Practice Guidelines

4. Follow specific rules relating to your venue

This will apply to educational settings where yoga is provided for vocational purposes.

SCOTLAND

1. The Scottish Government

There are 5 levels of protection numbered 0-4. Mainland Scotland is in temporary lockdown but some islands remain in level 3. BWY members resident in Scotland must first check which protection level applies to their local authority area. You can do that here:

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

2. Sport Scotland

An updated guidance document was published on 15th December 2020 which contains a useful table giving details of what is permitted within the 5 levels and that document can be found here:

<https://sportscotland.org.uk/media/6346/return-to-sport-and-physical-activity-guidance-151220-final.pdf>

It does not currently give details of what is permitted and what exemptions apply during lockdown.

However, Sport Scotland recognises Yoga Scotland as the National Governing Body for Yoga so their advice must be followed and that information can be found here:

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

3. BWY members and teachers resident in Scotland must then also follow BWY Best Practice Guidelines.

4. Follow specific rules relating to your venue.

NORTHERN IRELAND

1. The Northern Ireland Assembly

Current coronavirus regulations can be found here:

<https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-work-business-hospitality-tourism-and-sport> and this page links directly to Sport Northern Ireland for specific guidance information.

2. Sport Northern Ireland

The latest guidance on a return to sport, which was updated on 18th December, can be found here:

<http://www.sportni.net/return-to-sport/> In broad terms outdoor and indoor sports and exercise facilities must all close. From 2nd January 2021 indoor and outdoor exercise, including yoga, will be permitted within schools only. This situation will be subject to review. Sport NI recognises The Yoga Fellowship of Northern Ireland (YFNI) as the Lead Body for yoga in Northern Ireland. The YFNI has not issued a covid statement but is an umbrella organisation and a member of BWY. Its website is here:

<https://yfni.co.uk>

3. BWY members and teachers who are resident in Northern Ireland must follow BWY Best Practice Guidelines.

4. Follow specific rules relating to your venue.

Where exemptions apply, you should still follow the BWY best practice guidelines and also adhere to any provisions at the venue where you are teaching/practicing. Exemptions are not intended to flout the spirit of regulations, rather, they provide for continuance in certain circumstances. Full details of these can be found in our "Regulatory Exemptions for Teaching during Covid" guidance document.

Related BWY documents:

Risk Assessment
Best Practice for Teaching Face to Face during Covid
Mat Layout Diagram for Social Distancing
Basic Health Questionnaire
Remote Teaching Insurance Explained
Student Guidance for Remote Sessions
Best Practice Remote Teaching
Student Disclaimers Explained
Covid First Aid Certificate Guidance
Regulatory Exemptions for Teaching during Covid
Vocational Declaration for Foundation Courses