



# BEST PRACTICE FOR FACE TO FACE TEACHING DURING COVID

## OVERVIEW

There are a number of different systems of regulation, levels of restriction and circumstances during which face to face teaching can take place during covid. This document is intended to outline all of the differing scenarios and/or where appropriate, refer you to the relevant additional documentation.

## AUTHORITY FOR FACE TO FACE TEACHING DURING COVID

It is crucial to understand that face to face teaching can only take place during covid if:

1. It is permitted by the Government guidelines of your nation of residence.
2. It takes place in accordance with the Sport Body guidelines for your nation of residence.
3. You follow the best practice guidance for your nation's governing body for yoga.
4. You also follow this BWY best practice guide if your nation's governing body for yoga is not BWY.
5. You follow the rules/guidelines for the venue where you are teaching.
6. You fall within one of the regulatory exemptions

You should consult the latest BWY Covid statement as a starting point for considering all of the above.

## HEALTH QUESTIONNAIRE & TEMPERATURE CHECKING

New students should all be asked to complete a health questionnaire. BWY recognises that a teacher cannot compel a student to disclose health details and return this form and so an additional disclaimer is provided for those occasions where a student either opts not to disclose, or simply does not return the form. However, it is important to understand that there is an obligation upon teachers to attempt to gain this information, because it ensures that all or any appropriate modifications can be made. Nonetheless, sessions can still go ahead in those cases where there is no disclosure.

If at all practical and students are consenting, teachers can check the temperature of participants on arrival.

## RISK ASSESSMENT

It is the responsibility of the teacher to perform a risk assessment before teaching, and to keep documented evidence of doing so (Risk Assessment form available separately).

## CLEANING

Most venues are reaching flexible and bespoke arrangements with teachers regarding cleaning. However, strictly speaking, the cleaning is the responsibility of the venue owner, but it nonetheless remains the responsibility of the teacher to ensure that it has been done properly. In practice this will undoubtedly involve most teachers in some of the cleaning procedures.

It is important to leave enough time between classes to clean and sanitise properly. Hand sanitiser must be placed outside rooms and toilets, to use before entering the facility and on leaving.

Floors, surfaces, door handles, chairs and any other points of contact must be cleaned and disinfected between classes.

## VENTILATION

Rooms in which sessions are taking place must be well ventilated before, during and after each class. For spaces without purposely designed ventilation, opening the windows and/or door(s) will suffice. This will no doubt mean that room temperatures will drop and heating may therefore be used. Heaters that blow air are acceptable, providing that this does not blow directly onto the students. Heating systems that draw air from outside and those that sanitise the air going through the system are acceptable, but heating systems that simply recirculate air are not.

## EQUIPMENT

Students should bring their own mats and equipment, no sharing of anything is permitted. This extends to any sheets that are being used to place on top of carpets.

## SOCIAL DISTANCING

BWY has produced a diagram of the 2 metre mat spacing that is required in order to practice in a session without face masks. Students in a household or support bubble do not need to observe this distancing since they are already in proximity to each other. All other students should observe the 2 metre spacing or, where this is not possible, a minimum of 1 metre, and in this situation must also wear a face mask.

Teachers should ensure they are as far away as possible from students and if less than 2 metres, they must wear a facemask or face shield.

## RULE OF 6

The rule of 6 applies to socialising and is the maximum number of people that is permitted to gather in a group, appropriately distanced, for socialising. It does not relate to size of classes.

Socialising should be actively discouraged by teachers and BWY suggests that teachers instruct students not to arrive early and to leave promptly, so as not to congregate outside the venue.

## TRACK AND TRACE

BWY teachers must ask students to scan the venue code if they have smart phones. Teachers will in any case keep a register of participants, and in the event of being informed that any participants have tested positive for Covid within 10 days of class attendance, must contact everyone in attendance and advise them to self isolate. Teachers should not rely on the track and trace procedures to do this automatically and must be proactive in this respect.

### **Related BWY documents:**

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