

## COVID STATEMENT 28<sup>th</sup> FEBRUARY 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 or level systems remain 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 recently confirmed a national lockdown and restrictions are all detailed here: <https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know#all-tiers> This guidance was last updated 22<sup>nd</sup> February 2021. At the moment indoor and outdoor sports and exercise facilities remain closed; 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. L4 Vocational training cannot continue face to face.

A roadmap for exiting lockdown and social restrictions has been outlined. A summary to that roadmap can be found here: <https://www.gov.uk/government/publications/covid-19-response-spring-2021/covid-19-response-spring-2021-summary> However, the different stages of the roadmap are dependant upon achieving incremental targets and so the guidance in this document will relate to the first stage of exiting lockdown which is referred to as "Step 1" and outlines the changes that will take place on 8<sup>th</sup> and 29<sup>th</sup> March 2021. The remaining steps may be subject to change and so we will focus only on step 1.

##### a. 8<sup>th</sup> March 2021

Schools, colleges and higher education students on practical courses will gradually return but there will be twice weekly testing for teachers and students. BWY Vocational training cannot continue face to face at this time since there is no provision for testing. One to one outdoor yoga can continue.

##### b. 29<sup>th</sup> March 2021

Outdoor sports facilities will re-open and outdoor organised exercise, including yoga, will be allowed to continue. The rule of 6 will be re-introduced for outdoor gatherings but this applies to social contact before and after classes and not during classes. Social distancing will continue to apply during classes.

#### 2. Sport England

Sport England recognises BWY as the national Governing Body for Yoga and their statement endorses the government guidance above. It can be found here: <https://www.sportengland.org/how-we-can-help/coronavirus/return-play/inclusion-and-accessibility-guidance>

- 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> and this guidance was updated on 20<sup>th</sup> February 2021. Leisure and fitness facilities remain closed. Outdoor exercise with one other household is permitted providing the total number exercising together does not exceed 4.

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 updated its guidance on 19<sup>th</sup> February 2021 and that can be found here: <https://www.sport.wales/media-centre/latest-news/taking-part-in-sport-and-exercise-in-wales-the-guidance/> 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 classes cannot take place. Individual activity can take place within your own household or support bubble and private outdoor sessions can now take place providing these do not include more than 2 households including the teacher and no more than 4 people in total. There is no limit to the number of outdoor sessions per day.

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/> and this guidance was updated on 24<sup>th</sup> February 2021.

### 2. Sport Scotland

Coronavirus guidance was published and updated on 5<sup>th</sup> January 2021 and that information can be found here: <https://www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/> it makes clear that up to 2 people can meet outdoors for physical exercise, plus children under 12 from the same household, who do not need to be counted for the purposes of limiting numbers. Outdoor gyms remain open but indoor facilities are closed.

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://yogascotland.org.uk/news/> their coronavirus page was updated on 6<sup>th</sup> January 2021 and advises that no group classes can take place but one to one outdoor sessions are permitted.

- 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.

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## 2. Sport Northern Ireland

The latest guidance on a return to sport, which was updated on 8<sup>th</sup> January, can be found here: <http://www.sportni.net/return-to-sport/> In broad terms 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
- Basic Health Questionnaire
- Remote Teaching Insurance Explained
- Best Practice Remote Teaching
- Student Disclaimers Explained
- First Aid Certificate Guidance
- Student Guidance for Remote Sessions
- Mat Layout Diagram for Social Distancing
- Regulatory Exemptions for Teaching during Covid
- Vocational Declaration for Foundation Courses