

## COVID STATEMENT 29<sup>th</sup> MARCH 2021

This statement details the position in the four devolved nations at the time of writing. 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. The situation is changing and evolving and some of the staged plans that will enable a return to yoga practice as it was pre-pandemic, are dependent upon the success of the preceding stages. At this time nothing is guaranteed.

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 updated its guidance on 29<sup>th</sup> March 2021 and that can be found here: <https://www.gov.uk/coronavirus>.

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 dependent 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 stages 1 and 2 of 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. At this time BWY vocational training was not going ahead.

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

Indoor sports facilities including studios remain closed; but outdoor sports facilities may re-open. Organised outdoor yoga for any number of people may now go ahead in public and private spaces, including gardens. 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 but numbers in classes will not be restricted.

BWY vocational training can continue face to face, providing that participants and teachers are undergoing twice weekly testing in line with the government guidance on education. Home test kits are acceptable and accurate records of the results should be retained by the teacher.

#### 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#thecurrentrules-13035e>:

- 3. Follow BWY Best Practice Guidelines**
- 4. Follow specific rules relating to your venue**

## WALES

### 1. Welsh Government Guidance

From 27<sup>th</sup> March 2021 the stay local restrictions will be lifted. Outdoor yoga for U18s can take place without restriction on numbers and 2 households of up to 6 people can meet outdoors socially distanced for exercise. <https://gov.wales/coronavirus>

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 26<sup>th</sup> March 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. 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 6 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 operating in Scotland. The information for “stay home” <https://www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/> and for level 3 still applies. However, there are a number of “reasonable excuses” to leave your home and these include education for a course of study. Certificate, Diploma or Foundation Courses for vocational purposes may therefore now continue, subject to the remainder of the guidelines for Scotland. However, guidance is under review so BWY members are advised to check this page link regularly: <https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/> at the time of this BWY statement, the Scottish Government guidance on this link was last updated on 23<sup>rd</sup> March 2021.

### 2. Sport Scotland

Coronavirus guidance was published and updated on 2<sup>nd</sup> March 2021 and that information can be found here: <https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance> . Their guidance document on the return to Sport and Physical Activity was updated on 12<sup>th</sup> March 2021 and can be found here: <https://sportscotland.org.uk/media/6446/return-to-sport-and-physical-activity-guidance-120321-final.pdf> Subject to Scottish level restrictions outdoor and indoor non contact sport, including yoga can now go ahead.

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://yogascotland.org.uk/coronavirus-covid-19/> their coronavirus page is comprehensive and was updated on 26<sup>th</sup> March 2021 and advises on numbers, distancing, risk assessment.

- 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. Further and Higher Education Institutions are required to deliver remote teaching wherever possible. BWY vocational training must therefore be delivered remotely wherever possible.

## 2. Sport Northern Ireland

The latest guidance on a return to sport can be found here: <http://www.sportni.net/return-to-sport/> On 25<sup>th</sup> March 2021 Guidance on the pathway out of restrictions was published and that can be found here: <http://www.sportni.net/pathway-out-of-restrictions-for-outdoor-sport/> Frequently asked questions can be found here: <http://www.sportni.net/wp-content/uploads/2021/03/Questions-and-responses-on-Phase-2.pdf> In broad terms indoor and outdoor exercise, including yoga is permitted within schools. From 1<sup>st</sup> April outdoor yoga in groups of up to 10 and no more than 2 households is permitted. Indoor facilities remain closed. From 12<sup>th</sup> April groups of 15 may be permitted but the guidance is clear that progression will only take place if the data supports that being prudent. Governing Bodies are encouraged to take responsibility on the pathway back to sport. 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. Where there is no Governing Body or in the situation where there is no statement from the leading organisation then, subject to the government and Sport NI regulations, BWY members will be insured if they follow BWY guidance.

## 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