

COVID STATEMENT 12th APRIL 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 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 restrictions remain it is crucial that the relevant regulations are observed to ensure that teachers continue to provide a duty of care to students, and so that students attending a BWY class can be confident that best practice is being followed.

In line with the shift in insurance policies regarding communicable diseases, BWY insurance does not provide cover for students/teachers contracting covid in teaching scenarios, due to the difficulty in establishing where and how covid has been contracted. Bearing in mind that causation is an almost insurmountable obstacle, even in a clear-cut case of establishing causation, teachers will not attract liability unless negligence is proved. Therefore, the information contained within this document is in relation to best practice, and we continue to underline the importance of following best practice because this will refute negligence.

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. UK Government guidance

The UK Government updated its guidance on 12th April 2021, which can be found here <https://www.gov.uk/coronavirus>.

A roadmap for exiting lockdown and social restrictions has been previously 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>

The different stages of the roadmap are dependent upon achieving incremental targets. The UK government have confirmed that the restrictions across the UK are easing and as of 12th April 2021 England has moved to “Step 2” of the roadmap. The guidance in this document relates to Step 2 (guidance for the previous step can be found here <https://www.bwy.org.uk/covid-19-updates-page/>)

The remaining steps may be subject to change.

Step 2

Indoor

Indoor sports and leisure facilities can re-open, but this is for individual exercise, or exercise within your household/support bubble. Indoor one to one classes are permitted, i.e. teacher and student, as are classes for one teacher and one household, in both cases this must be in a business premises only. Indoor group yoga classes are not permitted at this time.

Additionally, there are a small number of permitted exemptions which can be viewed here [Microsoft Word - Regulatory Exemptions during Covid.docx \(bwy.org.uk\)](#)

Outdoor

Organised outdoor yoga classes may take place for any number of people, in both public and private settings, including gardens. The 'rule of 6' or two households of any number (each household may also include an existing support bubble, if eligible) remains in place, but this applies to social contact before and after classes and not during the class. Social distancing during classes should continue.

Training

BWY vocational training can continue face to face, whilst it is not mandatory, we recommend that participants and teachers undergo twice weekly testing in line with the government guidance on education.

2. Sport England

Sport England recognises BWY as the national governing body for yoga and their statement endorses the UK government guidance. The latest guidance from Sport England can be found here: <https://www.sportengland.org/how-we-can-help/coronavirus/return-play#thecurrentrules-13035e>:

3. Follow BWY Best Practice Guidelines

The therapeutic exemption continues to apply, in accordance with BWY best practice guidelines.

FAQs have been published by CIMSPA on current guidelines and restrictions, even if you are not a member, there is lots of useful information, which can be found here [Covid-19 Restrictions in England – FAQs \(cimspa.co.uk\)](#)

4. Follow specific rules relating to your venue

WALES

1. Welsh Government Guidance

Indoor sports and leisure facilities remain closed.

Outdoor sport, for adults, is only permitted for a maximum of 6 people from 2 households and must be socially distanced.

Outdoor yoga for U18s can take place without restriction on numbers.

The latest guidance can be found here <https://gov.wales/coronavirus>

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

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 and their statement endorses the Welsh government guidance. The latest guidance from Sport Wales can be found here: <https://www.sport.wales/media-centre/latest-news/taking-part-in-sport-and-exercise-in-wales-the-guidance>

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.

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SCOTLAND

1. The Scottish Government

The Scottish government updated its guidance on 2nd April 2021. Scotland has 5 levels of protection (0-4). The majority of Scotland remains at level 4, with some islands at level 3. Guidance and local protection levels can be found here [Coronavirus \(COVID-19\): local protection levels - gov.scot \(www.gov.scot\)](https://www.gov.scot/Coronavirus-(COVID-19):-local-protection-levels)

2. Sport Scotland

Coronavirus guidance was published and updated on 23rd March 2021 and can be found here: <https://sportscotland.org.uk/covid-19/latest-sport-and-physical-activity-guidance> .

The guidance document on the return to Sport and Physical Activity was updated on 30th March and came in effect on 5th April 2021 be found here: <https://sportscotland.org.uk/media/6446/return-to-sport-and-physical-activity-guidance-120321-final.pdf>

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/>.

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>

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 was published on 2nd April 2021 and can be found here: <http://www.sportni.net/return-to-sport/>

On 25th 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.

Outdoor yoga in groups of up to 15 (including teachers) may take place, through clubs or individuals affiliated to recognised sports governing bodies. 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. The website can be found 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

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