

## COVID STATEMENT 19<sup>th</sup> July 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 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 update its guidance on 19<sup>th</sup> July 2021, which can be found here ([COVID-19 Coronavirus restrictions: what you can and cannot do - GOV.UK \(www.gov.uk\)](#))

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 UK government have confirmed that, as of 19<sup>th</sup> July 2021 England has moved to “Step 4” of the roadmap.

#### Step 4

##### Capacity limits

There are no set restrictions/capacity limits on how many people can take part in a yoga class, either indoors or outdoors.

There are no restrictions on the activities that can be done.

##### PG1: Covid Statement

Venues	All sports facilities can open.
Social distancing	You do not need to stay 2m apart from people that you do not live with and there are no limits on the number of people that you can meet.
Mat spacing	You are no longer required to follow the mat spacing guidance.
Vaccinations	It is not a legal requirement for students or teachers to be vaccinated.
Testing	It is not a legal requirement for students or teachers to be tested before taking part in a class.
Face coverings	Face coverings are no longer required, by law. However, the government expects and recommends that people continue to wear them in crowded and enclosed settings. Venues may ask people to wear them, but it is not advised that they are worn whilst taking part in sport.
Track and trace	Teachers are advised to continue to display the QR codes for the test and trace app, although it is no longer a requirement and teachers cannot turn students away if they do not want to check in on the app. However, collecting details/using the app will help to support the NHS with test and trace.
Cleaning surfaces	Teachers should continue to clean surfaces that people touch regularly.
Ventilation	As part of your risk assessment teachers should consider ventilation, when indoors, and take steps to improve air flow, where possible.

Although restrictions have lifted, cases are still continuing to rise and so the government is asking everybody to continue to act carefully, exercise caution and consider the risks. Further information on this can be found here [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/coronavirus-how-to-stay-safe-and-help-prevent-the-spread)

We recommend that teachers continue to conduct risk assessments, including considering the risks of Covid19, and take reasonable steps to mitigate any risks which are identified. The BWY risk assessment document can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

## 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

All guidance documents can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

### 4. Follow specific rules relating to your venue

## WALES

### 1. Welsh Government Guidance

The Welsh Government has updated its guidance on 17<sup>th</sup> July 2021. Wales has now moved to alert level 1. The latest guidance can be found here <https://gov.wales/coronavirus>

#### Indoor and outdoor sport may take place.

The organiser of an activity has a legal duty to undertake a specific risk assessment to consider and take reasonable measures to minimise the risk and spread of coronavirus. This risk assessment should also consider 'pinch points' which are areas such as queueing to enter/exit venues, toilets, food facilities etc.

Further guidance on this can be found here [Taking all reasonable measures to minimise the risk of exposure to coronavirus in workplaces and premises open to the public | GOV.WALES](#)

Due to the above, we recommend that teachers continue to conduct risk assessments, including considering the risks of Covid19, and take reasonable steps to mitigate any risks which are identified. The BWY risk assessment document can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

### Indoor activity

An organised activity must be organised by a business, public body, charitable, benevolent, educational or philanthropic institution, a club, a political organisation or the national governing body of a sport or other activity. This will include activities organised by BWY teachers.

The maximum number of people who can take part is 200 standing and 1000 seated (unless it is an event for the development or wellbeing of children). Maximum numbers should be determined by conducting a risk assessment and taking all reasonable steps to mitigate the risk of exposure.

Reasonable measures must also include ensuring that physical distance is maintained between individual households or groups of six people and any others not in those permitted groups during the activity.

There is currently no definition of 'reasonable measures' so BWY Best Practice guidelines should also be followed, which can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

### Outdoor sport

Formally organised outdoor sport can now take place, with no restrictions on group size. This applies to any age. There are no longer restrictions in place on gathering anywhere outdoors, this includes private gardens.

The organiser of the activity has a legal duty to undertake a specific risk assessment to consider and take reasonable measures to minimise the risk and spread of coronavirus. This risk assessment should also consider 'pinch points' which are areas such as queueing to enter/exit venues, toilets, food facilities etc. The organiser should take steps to mitigate any risks this may pose.

Due to the above, we recommend that teachers continue to conduct risk assessments, including considering the risks of Covid19, and take reasonable steps to mitigate any risks which are identified. The BWY risk assessment document can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

### Organised activities solely for the development and well-being of children and young people.

This applies to children under 18. Activities indoor and outdoor are allowed for sports clubs, baby and toddler groups and youth groups. There are no caps on numbers for these activities, however, maximum numbers should be determined by a risk assessment (see link above).

### Training

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**

All guidance documents can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

## **4. Follow specific rules relating to your venue**

## SCOTLAND

### 1. The Scottish Government

The Scottish government updated its guidance on 19<sup>th</sup> July 2021. Scotland has 5 levels of protection (0-4). The whole of Scotland is now at level 0. Guidance and local protection levels can be found here [Coronavirus \(COVID-19\): local protection levels - gov.scot \(www.gov.scot\)](https://www.gov.scot/topics/coronavirus/covid-19/local-protection-levels)

### 2. Sport Scotland

Coronavirus guidance was published and updated on 19<sup>th</sup> July 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 30<sup>th</sup> March, came into effect on 5<sup>th</sup> April 2021 and can 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.

All guidance documents can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

### 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>

#### Indoor sport

All indoor sport is now permitted (subject to a risk assessment and appropriate mitigations). This applies to formally and informally organised activities.

A risk assessment, as set out in the regulations, must be completed, where there are over 15 people taking part.

Due to this, we recommend that teachers continue to conduct risk assessments, including considering the risks of Covid19, and take reasonable steps to mitigate any risks which are identified. The BWY risk assessment document can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

The organiser must take all reasonable measures to limit the risk of transmission of coronavirus. The person responsible for organising the gathering must, if requested to do so by a relevant person, provide:

- a copy of the risk assessment, and;
- an account of the reasonable measures taken.

Indoor spaces should be well ventilated, at all times and frequently touched surfaces should be cleaned regularly.

Changing rooms and shower facilities can open, but you should avoid or minimise use, where possible.

Behaviour which may encourage the risk of transmission around sport such as car sharing, congregation of spectators and celebrations should be avoided.

The Northern Ireland Assembly advise that return to sports protocols put in place by national governing bodies should be strictly adhered to.

#### Outdoor sport

All outdoor sport is now permitted. This applies to formally and informally organised activities.

A risk assessment, as set out in the regulations, must be completed, where there are over 30 people taking part. This should be used to determine the maximum number of people permitted to attend or take part.

Due to this, we recommend that teachers continue to conduct risk assessments, including considering the risks of Covid19, and take reasonable steps to mitigate any risks which are identified. The BWY risk assessment document can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

The organiser must take all reasonable measures to limit the risk of transmission of coronavirus. The person responsible for organising the gathering must, if requested to do so by a relevant person, provide:

- a copy of the risk assessment, and;
- an account of the reasonable measures taken.

### Training

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>

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.**

All guidance documents can be found here <https://www.bwy.org.uk/covid-19-updates-page/>

## **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