

Your Duty of Care

The Role and Responsibility of a yoga teacher and legal implications of yoga teaching

Part 3: **Child Protection**

BWY Child Protection Policy

- A person is formally designated to be a child if under 18yrs old, even if the child is living alone, working and so forth. For the purposes of this policy however some of it relates to under 16yr olds.
- As a student teacher you are expected to have read the current BWY Child Protection Policy (full policy) to be found as a PDF on the BWY website at:

<http://www.bwy.org.uk/safeguarding-vulnerable-groups/>

So please check it through as part of your present work on child protection. Also for the future you will need to keep an eye on any changes to the policy as stated in Spectrum.

- If you wish to teach yoga classes **specifically for children** then you will need to wait until you have completed the diploma course which focuses upon adults, and enroll upon a specialized post-graduate course. These courses include training on:
 - Child Protection: How to recognise, record and report child abuse, how to support a child who has made a disclosure
 - Protection from allegations: How to safeguard yourself from allegations
 - Teaching Children: Stages in child development and how to teach effectively and safely
 - Ethical Considerations when teaching children

- See the BWY Checklist on Teaching Yoga for Under 18yrs olds to see the elements which need to be considered when offering yoga classes for children.

<http://www.bwy.org.uk/pdf/1297684043Checklist%20BWY%20safeguarding%20procedures.pdf>

- You will I am sure notice there is quite a lot to consider.....

All forms can be found on the teachers resource page at the BWY Website:

<http://www.bwy.org.uk/teachers-resources/>



Will you Incorporate under 18 yr olds in your adult yoga classes?

- Once again refer to the BWY Checklist where you will see the elements to be considered. Note that:
- It is entirely your decision as to whether you will accept youngsters into your classes as your teaching diploma does not allow for dedicated children classes but it does allow you to incorporate some young people into your classes. It is perfectly acceptable to decide to:
 - Only teach over 18yr olds
 - Explicitly advertise for adult classes
- If you decide to include under 18yr olds then you will need to be willing to:
 - Undertake Safeguarding Children Training & keep this up to date every 3 years (NSPCC online or paper-based or Sportscoach UK 3hr workshop)
 - Ensure that the parent or guardian is present at every class for the under 16 year olds
 - Use the Hands on Adjustment Consent Form if you plan to use physical adjustment
 - Use the Photographs Consent form if necessary
 - Have a copy of the BWY Essential Contact Details for Teachers to hand in your teaching file
 - Ensure the young person only partners their parent or guardian
 - Decide how many under 18yr olds you are willing to enroll in your classes (class dynamics?)
 - Consider these students when creating the content of your lesson plans
 - Think about finding a BWY Inservice Training Day (IST) on incorporating under 18s into adult classes

If you decide to incorporate under 18 year olds in your classes then you must examine the criteria you will use and ensure that you always use the same criteria when considering a request.

For instance:

- What minimum age will you consider, for instance 16yrs and above?
- How many under 18yr olds might you include in your classes?

You can write up your criteria in your teaching file.

It is also a good idea to have an initial chat with the parent and young person to explain what your classes entail and what your expectations are, also to determine their expectations. It is advised that they would then sign an agreement. There is a template called the Safeguarding Agreement, which can be adapted, to be found at:

<http://www.bwy.org.uk/pdf/1355916048Agreement%20form%20-%20under%2016s%20in%20an%20adult%20class.pdf>

Child Protection Information

All Safeguard Guidance Documents can found at:

<http://www.bwy.org.uk/teachers-resources/>