

BWY Student Disclaimers Explained



ALOLA YOGA
KIND THOUGHTS AND ACTIONS
www.alola.yoga

BRITISH WHEEL OF YOGA-FRIDAY, 3 APRIL 2020
(8 MINUTES) Copyright © April 2020 The British Wheel of Yoga 3rd April 2020

The disclaimers in this document have been specifically prepared for use by BWY teachers and should be used in accordance with the following guidance:

Healthcare Questionnaire

The following disclaimer has been incorporated into the BWY Health Questionnaire. (Please complete separate Health Questionnaire if you have not already done so.)

Please take care when filling in this questionnaire and check the contents are accurate before you submit it. By submitting the questionnaire, you are confirming that the contents are true and accurate to the best of your knowledge. Please notify your teacher of any changes to your responses in this healthcare questionnaire before participating in classes subsequent to those changes.

Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher's yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.

All of our yoga instructors are appropriately qualified British Wheel of Yoga teachers with high standards of teaching and best practice. Where possible, your teacher may offer suitable modifications or adjustments, and practices to suit different levels of experience and ability.

When you are taking part in live-streamed classes, please note that the instructor may not be able to see you at all times. Please let the instructor know before the class if this is your first yoga class or if you are not confident about your experience and/or ability. Where you have declared a health condition, please contact the teacher before the class if you would like to request that you are provided with suitable modifications or adjustments wherever possible. Please note, when you are taking part in a pre-recorded class, you will not be able to request specific adjustments or modifications.

Always follow the safety instructions and listen to your body. Where a movement or class is beyond your experience or ability, feels too difficult for you, or you experience any discomfort, please do not continue the movement or class.

Remote Teaching Classes: Pre-recorded

The following disclaimer has been designed to be incorporated into the email or invitation that is sent to all participants invited to a pre-recorded session. For each recorded session the information highlighted in the disclaimer that follows must be correctly inserted so that it is relevant to the prerecorded session being distributed.

This class is a beginner and intermediate level and is suitable for all fitness levels. This class is not suitable for you if you are unwell and would not attend a normal face to face class. To take part in this class you will need a yoga mat (or something similar), a towel and some water to hand to make sure you stay hydrated. Blocks, bricks, belts and other props can be used but are not compulsory.

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation.

Participant Rules:

- Please follow the British Wheel of Yoga "Student Guidance - remote sessions" guidelines document.
- You must act responsibly and sensibly at all times.
- You must not participate if you are [e.g. pregnant] or under the influence of alcohol or non-prescription drugs.
- Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher's yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.
- Clear enough space to safely carry out the exercises without hitting items around you.
- Check that the device you are using is securely positioned and will not interfere with your movement.
- Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.
- Never continue with a class or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort.

Please note, this video or audio is a pre-recorded session and cannot be adapted to suit any particular requirements you may have. In the absence of any negligence or other breach of duty by your teacher, participating in this yoga class is entirely at your own risk.

Intellectual property: The copyright in this video/audio recording is owned by Karen Thursby of ALOLA YOGA. Reproduction, transmission or sharing of the [video/audio] (in part or full) is strictly prohibited without the prior consent of Karen Thursby of ALOLA YOGA.

By accessing and participating in this class you confirm that you have read and understood this disclaimer.

Remote Teaching Classes: Live Streamed

This class is a beginner and intermediate level and is suitable for all fitness levels. This class is not suitable for periods when you are unwell and would not normally attend a class.

To take part in this class you will need a yoga mat (or something similar), a towel and some water to hand to make sure you stay hydrated. Any other equipment, such as blocks, bricks, belts etc are optional.

You are about to take part in a class which will be live streamed to a restricted number of participants. During the class, you (or anyone else who comes into the frame, including children) may be visible to other participants. Please switch off your video if you do not wish to be seen by other participants or may be disturbed during the class by other people. No recording of the video will be made.

[recordings of the teacher ALONE might be made.]

IMPORTANT NOTICE

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation.

Please note that although you may appear on video link during the live stream of the class, the instructor may not be able to see you clearly or instruct you individually as is possible in a face to face teaching scenario.

Participant Rules:

- Please follow the British Wheel of Yoga “Student Guidance – remote sessions” guidelines document.
- You must act responsibly and sensibly at all times.
- You must not participate if you are [e.g. pregnant] or under the influence of alcohol or non-prescription drugs.
- Neither your teacher nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any British Wheel of Yoga organised sessions or any British Wheel of Yoga trained teacher’s yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt.
- Clear enough space to safely carry out the exercises without hitting items around you.
- Check that the device you are using is securely positioned and will not interfere with your movement.
- Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed.
- Never continue with a class or a movement that is too difficult for your level of experience or ability, or if you feel any discomfort.

In the absence of any negligence or other breach of duty by your teacher, participating in this yoga class is entirely at your own risk. By accessing and participating in this class you confirm that you have read and understood this disclaimer.

Notes:

1. Face to face teaching insurance is explained in a separate document.
2. Remote teaching insurance is explained in a separate document.
3. “Student Guidance for Remote Sessions” is a separate document that should be issued to all new remote students and to all existing face to face students before they attend remote sessions for the first time.
4. “BWY - Best Practice for Teaching Remote Sessions” is a separate guidance document for teachers and student teachers.
5. BWY Health Questionnaire is a separate document.