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Charity Number: 1190806

## Introduction

The Government has announced that from the 19th of July England will enter step 4 of the COVID-19 road map out of lock down. As restrictions are lifted, it is important that we all use personal judgement and common sense to consider and manage risks. Although many people have been vaccinated, it is still possible to catch and spread COVID-19 when fully vaccinated. While no situation is risk free, there are actions we can all take and key behaviours we can all exhibit to protect ourselves and others around us.

This policy document has been created to provide COVID-19 information and guidance for Yoga in Healthcare Alliance (YIHA) and Yoga4Health students, tutors and staff/ volunteers. **Whilst it is reviewed regularly, the links to Government websites are provided in order that you are able to check for current advice.** If you become aware of any changes to this document, please report them via the email address above.

## 1. Government COVID-19 Guidance

Government COVID guidance is different for the four nations (and other Countries internationally).

- Guidance for Scotland can be found here: <https://www.gov.scot/collections/coronavirus-covid-19-guidance/>
- Guidance for Wales can be found here: <https://gov.wales/coronavirus>
- Guidance for Ireland can be found here: <https://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/> and <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-guidance-documents>
- Guidance for England from the 19<sup>th</sup> of July can be found here: [https://www.gov.uk/government/publications/covid-19-response-summer-2021\\_roadmap/coronavirus-how-to-stay-safe-and-help-prevent-the-spread](https://www.gov.uk/government/publications/covid-19-response-summer-2021_roadmap/coronavirus-how-to-stay-safe-and-help-prevent-the-spread)

### 1.1 Key Protections that remain in place in England from the 19<sup>th</sup> of July:

- testing when you have symptoms and targeted asymptomatic testing in education, high risk workplaces and to help people manage their personal risk.
- isolating when positive or when contacted by NHS Test and Trace (see page 7).
- border quarantine: for all arriving from red list countries and for those people not fully vaccinated arriving from amber list countries.
- cautious guidance for individuals, businesses and the vulnerable whilst prevalence is high including:
  - whilst Government is no longer instructing people to work from home if they can, Government would expect and recommend a gradual return over the summer;
  - Government expects and recommends that people wear face coverings in crowded areas such as public transport;
  - being outside or letting fresh air in;
  - minimising the number, proximity and duration of social contacts;
  - encouraging and supporting businesses and large events to use the NHS COVID Pass (see page 7) in high-risk settings.



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## 1.2 Lifting restrictions

Most legal restrictions to control COVID-19 will be lifted at step 4. This means that when step 4 takes place:

- You will not need to stay 2 metres apart from people you do not live with. There will also be no limits on the number of people you can meet.
- In order to minimise risk at a time of high prevalence, you should limit the close contact you have with those you do not usually live with, and increase close contact gradually. This includes minimising the number, proximity and duration of social contacts.
- Meet outdoors where possible and let fresh air into homes or other enclosed spaces.
- The requirement to wear face coverings in law will be lifted. However, the Government expects and recommends that people wear face coverings in crowded areas such as public transport.
- There will no longer be limits on the number of people who can attend weddings, civil partnerships, funerals and other life events (including receptions and celebrations). There will be no requirement for table service at life events, or restrictions on singing or dancing. You should follow guidance for weddings and funerals to reduce risk and protect yourself and others.
- There will no longer be restrictions on group sizes for attending communal worship.

COVID-19 has not gone away, so it's important to remember the actions you can take to keep yourself and others safe\* Everybody needs to continue to act carefully and remain cautious.

\* <https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do#keeping-yourself-and-others-safe>

## 1.3 Businesses and Venues

All businesses should follow the principles set out in the Government working safely guidance. Whilst there is no specific guidance for Yoga Teachers, YIHA can use the guidance set out for group exercise classes for group yoga sessions (see Section 2 page 8 onwards) and those set out for close contact services: <https://www.gov.uk/guidance/working-safely-during-covid-19/shops-branches-and-close-contact-services>

### 1.3 a) Thinking About Risk

Employers and venues have a legal duty to manage risks to those affected by their business. This will incorporate regular health and safety risk assessments, including the risk of COVID-19, and taking reasonable steps to mitigate the risks identified. Working Safely Guidance (see close contact services link above) sets out a range of mitigations employers/ venues should consider. Whilst the restrictions are lifting on the 19<sup>th</sup> of July, practitioners/ venues and employers may continue to consider the following risk mitigations to protect themselves and their clients:

*(Guidance references to 'workers' can be applied to YIHA tutors/ students/ volunteers AND workers).*

- Make sure that workers and clients who feel unwell stay at home and do not attend the premises. By law, businesses may not require a self-isolating worker to come to work
- Increase how often people wash their hands and clean surfaces in the workplace.
- Make every reasonable effort to ensure everyone can work safely. Consider reasonable adjustments for workers or clients with disabilities, including hidden disabilities that are not immediately obvious.

- Provide adequate ventilation through doors, windows and vents, by mechanical ventilation using fans and ducts, or through a combination of both. Fresh air helps to dilute the virus in occupied spaces.  
**HSE Ventilation Guidance:** <https://www.hse.gov.uk/coronavirus/equipment-and-machinery/air-conditioning-and-ventilation/index.htm>
- Consider these additional control measures where 2 metre social distancing is not possible:
  - increase the frequency of hand washing and surface cleaning
  - limit/ monitor activity time to ensure it is appropriate
  - consider using screens or barriers to separate clients from each other (this is not necessary between the practitioner and client as practitioners could wear a visor or Type II face mask (<https://nhsprocurement.org.uk/covid-19-a-guide-to-face-masks/>))
  - avoid skin-to-skin contact unless it's crucial to the treatment and use gloves where there is a risk of contact with blood or body fluids.
  - use a consistent pairing system, fixing which workers (clients/ students) work together, if workers have to be within arm's-length of each other for a long period
- When providing close contact services, it may not be possible to maintain social distancing guidelines (2m, or 1m+ apart with risk mitigation). Consider using PPE in the form of a visor or goggles and a Type II face mask to mitigate the risk See link above).
- Redesign activities to meet social distance guidelines of 2 metres or take all possible mitigation actions to reduce transmission risk.
- Remind people (e.g. YIHA students/ tutors, clients and staff) to wear face coverings where they're required. For example, through signage or verbal reminders.

HSE Guidance on Risk Assessment is available here: <https://www.hse.gov.uk/coronavirus/working-safely/risk-assessment.htm>

**See page 8 for YIHA guidance on Risk Assessment and also refer to YIHA Risk Assessment, Incident and Accident Reporting Policy.**

### **1.3 b) Keeping Students/ Clients/ Visitors Safe**

- Support the NHS Test and Trace system (see page 7) check venues have QR codes on display (see additional guidance page 13).
- Keep students/ clients and visitors safe by having maximum class sizes to meet social distancing guidelines, operating an online booking system that includes rules on social contact for participants, ask COVID screening questions prior to activities, operate safe distance and movement systems, stagger session times to minimise cross contact – see full guidance under YIHA section page 8 onwards.
- Ventilation should be used as a control measure to reduce the risk of aerosol transmission of COVID-19 in enclosed spaces. There are different ways of providing ventilation, including:
  - mechanical ventilation using fans and ducts
  - natural ventilation which relies on passive flow through openings, such as doors, windows and vents.  
*Further information provided in Section 2*
- Ensure that toilets are kept open and ensure/promote good hygiene, social distancing, and cleanliness in toilet facilities.
- Provide guidance to make sure people understand what they need to do to maintain safety e.g., posters explaining good hand washing techniques, guidance for single file passageways/ entrances/ exits etc.



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### **1.3 c) Travelling to And from Work/ Venues**

Continue to walk or cycle to work where possible. Where not possible, you can use public transport or drive. Guidance concerning facemasks is available on the next page. Travel guidance can be found here:

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

### **1.3 d) Keeping the Workplace/ Venue Clean**

Guidance on cleaning non-healthcare settings away from home can be found here: <https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings>

Working safely guidance can be found here:

<https://www.hse.gov.uk/coronavirus/index.htm>

### **1.3 e) Hygiene: Handwashing, Sanitisation Facilities, Changing Rooms**

Guidelines on handwashing can be found here: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Venues should provide hand sanitisation facilities and individuals can be advised to carry their own hand sanitiser.

Discourage the use of changing rooms, if possible, ask individuals to arrive changed. In all cases changing rooms and toilets should be cleaned regularly.

Reduce transmission through contact with objects/ equipment in the premises and regularly clean contact points.

### **1.3 f) Wearing a Face Covering**

Whilst face coverings are no longer a legal requirement COVID-19 spreads through the air by droplets and aerosols that are exhaled from the nose and mouth of an infected person. The Government therefore still recommends that people wear face coverings in crowded areas such as public transport.

Guidance on wearing face coverings and exemptions can be found here:

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own>

### **1.3 g) Fresh Air**

When a person infected with COVID-19 coughs, talks or breathes, they release droplets and aerosols which can be breathed in by another person. Fresh air blows away these particles, reducing the chances of COVID-19 spreading.



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It's always worth considering if you can meet outdoors or, if you're indoors, thinking about how you can improve ventilation by letting fresh air in. The more fresh air you let into your home or other enclosed spaces, the less likely a person is to inhale infectious particles.

You can let in fresh air by uncovering vents and opening doors and windows. Don't prop fire doors open. If you are concerned about noise, security or the costs of heating, opening windows for shorter periods of time can still help to reduce the risk of the virus spreading. Wearing extra layers can help you to keep warm. You may be able to change the layout of your room so that you are close to cold draughts from open windows/doors.

## 1.4 Symptoms and Tests

The most important symptoms of COVID-19 are recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

For most people, COVID-19 will be a mild illness. However, if you have any of the symptoms above, even if your symptoms are mild, stay at home and arrange to have a test.

The Government advises people who are looking for information about the virus to visit the NHS website (<https://www.nhs.uk/conditions/coronavirus-covid-19/>) for the most up-to-date information, including what to do if you are worried you might have symptoms, advice for travellers and common questions.

**Information on how to get a COVID test is available here:**

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/>

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

If you have a positive test result you must self-isolate and follow the stay at home guidance:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

## 1.5 Vaccination

There are still cases of COVID-19 in England and there is a risk you could catch or pass on the virus, even if you are fully vaccinated. It's important that you continue to put measures in place to reduce the risk of COVID-19 transmission. These include:

- maintaining social distancing
- frequent cleaning
- good hygiene
- adequate ventilation

This is important even if tutors, students, volunteers, clients or workers have:

- received a recent negative test result



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- had the vaccine (either 1 or 2 doses)

Each of the UK nations has its own programme of vaccination delivery:

England: [Vaccination information from NHS England](#)

Northern Ireland: [Vaccination information from the HSC Public Health Agency](#)

Scotland: [Vaccination information from NHS Scotland](#)

Wales: [Vaccination information from Public Health Wales](#)

## 1.6 Travel

### International Travel

The Government has introduced a traffic light system for international travel. You should not travel to [countries or territories on the red or amber lists](#).

### Travelling to England from outside the UK

What you must do when you arrive in England from abroad depends on where you have been in the last 10 days before you arrive.

People planning to travel to England should follow the [guidance on entering the UK](#).

Find out which list the country you are travelling from is on and what you need to do: <https://www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england>

### Travelling in the UK, Ireland and Channel Islands

There are no restrictions on travel within England.

You should check the rules at your destination if you're planning to travel to Scotland, Wales or Northern Ireland, or to Ireland or the Channel Islands as there may be restrictions in place.

Do not travel if you have COVID-19 symptoms or are self-isolating. Get a test and follow the stay at home guidance.

## 1.7 NHS Test and Trace and the NHS COVID-19 App

The NHS Test and Trace System is separate to the NHS COVID-19 mobile phone application (App). The NHS Test and Trace System is legally binding whereas as the NHS COVID-19 App is voluntarily downloaded. This means that if you are contacted by the NHS Test and Trace System by text, phone or email and told to isolate, there is a legal requirement for you to follow this instruction and a potential fine of £1000 if you do not comply. Whereas the NHS COVID-19 App is only advisory and any notifications or 'pings' received are not legally binding and so they do not carry the threat of a fine. If you are 'pinged' by the app you may be advised to self-isolate and all guidance related to being 'pinged' states that you should self-isolate at home.



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Information provided by the NHS test and trace service states: *'isolate locally if possible, if not travel home immediately and self-isolate'*.

Further information on the NHS test and trace system and your legal obligations can be found here:  
<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>

Further information on the voluntary NHS COVID-19 app can be found here:  
<https://covid19.nhs.uk/>

## 1.8 The COVID Pass (previously COVID Status Certification)

The NHS COVID Pass will display an individual's COVID status based on vaccination status (including clinical trial), test results, or proof of natural immunity. There are some exemptions for those who have received a trial vaccine or individuals where a clinician recommends vaccine deferral or that vaccination is not appropriate and where testing is also not recommended on clinical grounds.

- An NHS COVID Pass shows your coronavirus (COVID-19) vaccination details or test results. This is your COVID-19 status.
- Information on the COVID Pass can be found here:  
<https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/>  
<https://www.gov.uk/guidance/nhs-covid-pass?campaignkw=covid-pass>
- You may be asked to show your pass to travel abroad, or at events and venues in England asking for proof of your COVID-19 status.
- Always check the entry requirements for the country or the venue you're visiting.
- If you're aged 16 or over, you can get an NHS COVID Pass for travel abroad. If you're aged 18 or over, you can get an NHS COVID Pass for domestic events.
- There are three ways in which you can a COVID Pass:
  - You can get an NHS COVID Pass letter sent to you in the post. This shows you've been vaccinated against COVID-19. It does not show COVID-19 test results.  
<https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter/>
  - You can use the online NHS COVID Pass service: <https://covid-status.service.nhsx.nhs.uk/> You will need an NHS login to use these services, which you can create with your email address if you do not already have an NHS login.

You can download the NHS App. **The NHS App is not the same as the NHS COVID-19 App** (above). It can be accessed here: <https://www.nhs.uk/nhs-app/>

## 2. Additional YIHA COVID-19 Guidance and Requirements

YIHA appreciate that the Government have lifted restrictions since the 19<sup>th</sup> of July but also acknowledge that their tutors, students, volunteers, staff and clients may continue to have health and safety concerns related to COVID-19. Therefore, in addition to the guidance set out in section 1, YIHA have set in place the following requirements for their students, tutors, volunteers and staff to ensure the health, safety and welfare of anyone coming into contact with YIHA areas of business. These guidelines apply both to YIHA training environments and



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the practices of those representing or training with YIHA in delivering services to clients. Particular guidance is provided in preparation for commencing or attending 'in-person' classes/ sessions again.

YIHA continue to monitor the situation with outstanding training/ modules to ascertain the viability of maintaining the provision of zoom classes online for those completing training and those that have been participating in the Yoga4Health protocol online due to COVID-19. Equitability and quality of learning experience is a crucial factor in ascertaining how training will continue to be delivered, however the following measures have been put in place:

- YIHA intend to conduct an opinion poll to establish the preferences of students/ clients
- Online training will continue to be provided for those students/ clients who feel that their health and safety, or the health and safety of vulnerable people that they come in to contact with, will be compromised by attending training in person.
- Further information will be provided to students/ clients in due course and in good time to make the necessary arrangements.

We have all seen that the COVID-19 situation is a constantly changing picture. Whilst YIHA will endeavour to do all that it can to support its students it cannot reliably predict the future or be held accountable for last minute changes to the training programmes that may arise due to Government directives or other adverse effects related to COVID-19. Should in-person training resume, YIHA reminds students that they should investigate travel and accommodation options that offer full refunds or ensure that they have alternative contingency plans in place to protect themselves against unplanned events. Any concerns that you have related to this can be conveyed to the YIHA team via the email address provided at the top of this policy.

If you are worried about going back to a more 'normal' life, there is information from the NHS on how to cope with anxiety about lockdown lifting: <https://www.nhs.uk/every-mind-matters/coronavirus/tips-to-cope-with-anxiety-lockdown-lifting/>

## **2.1 YIHA COVID-19 Risk Assessment and RIDDOR**

Prior to re-opening, the venue management team should ensure that their facility is compliant with current UK Government legislation and COVID-19 guidance requirements. A risk assessment should have been completed and risk mitigation measures put in place and monitored.

- YIHA student tutors, tutors and volunteers and staff need to re-check with each venue to ensure that they have put risk management measures in place to ensure their compliance with the guidance set out in section 1 of this policy document and via the links provided. Tutors/ students should ask to see this risk assessment and satisfy themselves that it is comprehensive
- On days when sessions are taking place, YIHA tutors, student tutors and venue staff should ensure that all COVID-19 measures are in place according to the venue's operating and safety plans and procedures, whilst maintaining social distancing.
- Posters should be on display informing participants and staff of social distancing and cleanliness/hygiene protocols throughout the facility.

**In addition to this the YIHA tutor/ student or staff member responsible should undertake a COVID risk assessment, ensuring that risk mitigation measures are put in place for their specific session.**



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- The YIHA Risk Assessment, Incident and Accident Reporting Policy (available on Box) provides an example of the format that the risk assessment might take and guidance on how to conduct risk assessments, including YIHA tutor, student tutor and staff legal responsibilities, and how to report issues.
- YIHA COVID-19 Risk Assessments should consider whether anyone participating in the activities are especially vulnerable to COVID-19.
- YIHA COVID-19 Risk Assessments and the measures that you have put in place must be communicated to staff, students, clients and anyone else concerned with the activities in order that everyone is aware of identified risks and how these are going to be avoided, mitigated or controlled. It is suggested that you compile a summary of your risk assessment and circulate it to students/ clients prior to any in-person sessions. An example is available in Appendix 1.

#### **YIHA tutors, students must:**

**Ensure they are qualified and insured to teach the session that they are hosting in line with government and guidelines. It is the YIHA/Y4H tutor's responsibility to ensure that they teach in a safe environment and follow relevant guidelines.**

## **2.2 Pre-attendance official symptom check**

- Session attendees may be asked to complete a new YIHA Intake form prior to re-commencing 'in-person' sessions.
- It is important that YIHA tutors/ student tutors consider the implications for those that have experienced and recovered from COVID (e.g., psychological impacts of the virus or Long COVID symptoms - <https://www.england.nhs.uk/coronavirus/post-covid-syndrome-long-covid/> in addition to considering symptoms of potential new cases of COVID-19.
- YIHA tutors, student tutors and staff members can ask participants, via email or social media, to check their own health prior to attending sessions. Particular attention needs to be given to the requirements of vulnerable people, people with long term health conditions and special populations, such as pregnant women.
- Participant self-assessment health checks can also be requested via the YIHA Summary Risk Assessment an example of which is provided in Appendix 1.
- No one should leave home to participate in activity or to spectate if they, or someone they live with, have symptoms of COVID-19 currently recognised as any of the following:
  - a new continuous cough
  - a high temperature
  - a loss of, or change in, your normal sense of taste or smell (anosmia)

An individual who displays any such symptoms must follow NHS and PHE guidance on self-isolation <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/> See page 13. Those who have access to rapid Covid tests are encouraged to use them prior to any in-person contact if they suspect infection.



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## 2.3 Encouraging Good Personal Hygiene

Everyone should be encouraged to wash their hands with soap and water or use hand sanitiser regularly throughout the day. Regular hand washing is an effective way to reduce risk of catching illnesses, including COVID-19.

Hands touch many surfaces and can become contaminated with viruses, including COVID-19. You can transfer viruses to your eyes, nose or mouth from your hands if they are contaminated. Then viruses can enter your body and infect you. Washing or sanitising your hands removes viruses and other germs, so you're less likely to become infected if you touch your face. Using soap and water is the most effective way to clean your hands, especially if they are visibly dirty. Use hand sanitiser if there isn't soap and water available.

Coughing and sneezing increases the number of droplets and aerosols released by a person, the distance they travel and the time they stay in the air. A cough or sneeze of an infected person which is not covered will significantly increase the risk of infecting others around them.

Where possible, avoid touching your eyes, nose and mouth. If you do need to touch your face (for example to put on or take off your face covering), wash or sanitise your hands before and after. It is particularly important to wash hands:

- after coughing, sneezing and blowing your nose
- before you eat or handle food
- after coming into contact with surfaces touched by many others, such as handles, handrails and light switches
- after coming into contact with shared areas such as kitchens and bathrooms
- when you return home

These actions will reduce the spread of droplets and aerosols carrying COVID-19 and other viruses, including those that cause coughs and colds:

- Cover your mouth and nose with disposable tissues when you cough or sneeze.
- If you do not have a tissue, cough or sneeze into the crook of your elbow, not into your hand.
- Dispose of tissues into a rubbish bag and immediately wash your hands.

## 2.4 Preparation for Indoor Classes/ Sessions

Prior to re-opening, venue management should ensure that their facility is compliant with current UK Government legislation including legislation and guidance related to COVID-19. A risk assessment should have been completed and risk mitigation measures put in place and monitored (see page 8).



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On days when sessions are due to take place, tutors/ students and venue staff should ensure that all COVID-19 measures are in place according to the venue's operating and safety plans and procedures, and their own risk assessments.

Posters should be on display informing participants and staff of social distancing and cleanliness/hygiene protocols throughout the facility.

#### **2.4 a) Flooring and Social Distancing**

- Tutors/ students should stick to 'wipe-clean' surfaces, such as a wooden, semi-sprung floors in studios or gym flooring surfaces. Carpet venues are allowed, with COVID-19 cleaning protocols in place.
- Flooring should be cleaned after every session.
- UK Government's social distancing guidelines are always 2m between people, 2m<sup>2</sup>, or 1m+:
- More space may be needed for people with disabilities. If a participant requires assistance during the class, they are forming a bubble, then the 2m distancing must be maintained between bubbles.
- Maximum total occupancy of an entire venue is based on a floor area of 100 sq. ft per person. The floor area measurement is the net usable indoor space available to participants. It must include the entrance halls and changing facilities as well as the room/studio. Occupancy includes everyone in the building: participants, tutors, students, other staff, and other visitors
- More space may be needed for people with disabilities. Tutors/ student tutors and operators may choose to deliver sessions with alternative layouts, but these must always enable session participants stay at least 2m apart. If a participant requires assistance during the session, they are forming a bubble, then the 2m distancing must be maintained between bubbles.
- Maximum total occupancy of an entire venue is based on a floor area of 100 sq. ft per person. The floor area measurement is the net usable indoor space available to participants. It must include the entrance halls and changing facilities as well as the gym and studios. Occupancy includes everyone in the building: participants, tutors/ student tutors, other staff, and other visitors.

Further guidance on Social Distancing is available here: <https://www.nhs.uk/conditions/coronavirus-covid-19/social-distancing/what-you-need-to-do/>

#### **2.4 b) Ventilation**

Venues will control mechanical ventilation systems that adhere to the following:

- A target ventilation rate of 20l/s/p is advised for facilities. This can either be attained through adjustments to ventilation systems themselves, or by controlling numbers (based on 100sqft per person, net usable indoor space available to participants to use, including changing rooms) and using natural ventilation. The venue manager may know the usual ventilation rate.
- Ventilation systems should provide 100% fresh air and not recirculate air from one space to another.
- Increasing the existing ventilation rate by fully opening dampers and running fans on full speed.
- Operating the ventilation system 24 hours a day.
- Increasing the frequency of filter changes.
- In the absence of known ventilation rates, a carbon dioxide sensor should be used as a surrogate indicator to switch on additional mechanical ventilation or open windows.



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YIHA tutors, students and clients can also increase good ventilation by opening windows and doors. If heating is activated, ventilation must be maintained within the venue as outlined above.

#### 2.4 c) Masks, Hand Sanitisation and Moving Around

- Tutors/ students/ clients and venues should limit the time spent congregating at the venue before activity begins. Meet-up times should reflect this.
- Participants should arrive five minutes prior to the session and wear a face mask from their car to their allocated space in the session.
- Masks should not be worn during the session but replaced when leaving the session or moving around/ away from a socially distanced space for example when moving away from the yoga mat and socially distanced space to visit the rest room etc.
- Participants should arrive changed and ready to begin the session.
- Use of the venue's changing rooms should be limited and both these and public toilets should adhere to the latest UK Government guidance and in line with the venue's guidelines.
- There should be clear information in the venue about social distancing so that participants know what is expected.
- Venues should have a one-way traffic flow system in place where possible with separate entry and exit points to avoid clustering and unnecessary contact.
- Handwashing facilities and/or a station for hand sanitising using alcohol gel should be provided. Staff and participants should be encouraged to use these regularly.
- Card/contactless payment should be offered. If this is not possible, participants should pay the exact amount in cash with appropriate hand hygiene.
- Venues must ensure that the site and the facility are fully accessible for disabled people and others with mobility impairments.

#### 2.5 COVID-19 Guidelines and Test and Trace

- All venues should display an official NHS QR code poster, so that clients and visitors can 'check in' using this option as an alternative to providing their contact details.
- If you are hiring an area of a facility for a class, e.g., community venue or studio the responsibility for displaying an NHS QR code poster lies with the operator of the venue (<https://www.gov.uk/create-coronavirus-qr-poster>). Local authority-run services, including community centres, are required by the guidance to maintain a record of visitors and/ or have an official NHS QR poster.
- **If you are delivering a session at a venue that isn't displaying a QR code, please ensure you provide a separate client register/collect client detail, so that contact tracers can get in touch with people if required. Notify the venue operator if possible.**
- If it is your venue, or you are teaching outdoors, you will need to download your own QR code poster and ensure participants use before taking part in the class or keep a register of attendance by date to meet test and trace responsibilities.
- You must keep details of all class attendees for 21 days and provide all data to NHS Test and Trace if requested.
- You must adhere to the General Data Protection Regulation.

- If an individual is symptomatic and/or living in a household with a possible COVID-19 infection they should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others.
- Participants should follow UK Government guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 (here) if it applies to them.
- YIHA tutors, staff and venues should encourage all participants to report any infection of their household to the Test and Trace system following use of the facility to limit the spread of the virus.

## 2.6 During the Session

*Participants refers to all people taking part in the session including tutors, students and clients*

The main way of spreading COVID-19 is through close contact with an infected person. When someone with COVID-19 breathes, speaks, coughs or sneezes, they release particles (droplets and aerosols) containing the virus that causes COVID-19. These particles can be breathed in by another person. Limiting close contact can limit transmission of the virus.

It is important to consider that others may wish to take a more cautious approach as restrictions are lifted, they may feel vulnerable or have close contact with vulnerable people that they wish to protect. We should all be considerate of this, and provide the opportunity and space for others to reduce close contacts if they wish. With this in mind YIHA advises that the following precautionary practices must still be followed:

- Participants should enter the venue and prepare their personal equipment whilst maintaining social distancing – 2m<sup>2</sup> around each person.
- Participants should bring their own water bottle. These must not be shared under any circumstances.
- Participants should be encouraged to maintain their personal hygiene at home before and after the session.
- Participants should bring their own hand sanitiser and maintain strict and frequent hand hygiene measures while at the venue.
- No physical contact such as handshaking, hugging of session participants or movements that involve body contact.
- In order to reduce touch points, equipment must not be shared during a session. Participants are required to bring their own equipment as YIHA mats etc. will not be available.
- Tutors/ students tutors to ensure good verbal cueing, especially for correcting technique as manual adjustments are not permitted.
- Personal items should be placed socially distanced in the identified place e.g., around d the toom. Participants should not hand any personal items to each other or the YIHA Trainer.
- Tutors/ student tutors should explain the safety guidelines of what is expected before, during and after session including what the participant is expected to do to maintain social distancing and all other health and safety guidelines.
- Tutors/ student tutors should always plan content with consideration for social distancing.
- Tutors/student tutors should pay close attention to the volume of any music/ sounds that are played in the session. Noises in the room should not encourage shouting. This is because of the potential for increased transmission, particularly from aerosols and droplet transmission.
- Tutors/ student tutors should refrain from encouraging session members to shout out, cheer or sing during session to reduce excessive air particles.



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## 2.7 After the Session

- All participants should sanitise their hands at the end of the activity.
- Participants should exit whilst maintaining social distancing and wearing a mask. Where possible, a one-way system for participants and separate entrances and exits to and from the building will be implemented. Where the client/ participant base is changing throughout the day, a minimum of 10-minute cleaning period between each session must be factored into timescales. During this time there should be thorough cleaning of equipment and the venue with special consideration of high traffic touch points.

## 2.8 Testing and Self-Isolation

YIHA recommends that any Yoga4Health teacher or trainee teacher attending a YIHA training or other event who has access to a COVID-19 rapid results test should take one the day before they are due to attend the event.. Follow this link to order COVID-19 tests:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Anyone that develops COVID-19 symptoms will need to self-isolate, immediately, and get a test. Even if their symptoms are mild, they should self-isolate at home while they book the test and wait for the results. If anyone tests positive for COVID-19 they must self-isolate. The self-isolation period includes the day the symptoms started (or the day the test was taken if there are no symptoms), and the next 10 full days. This is the law.

You must also self-isolate if you are told to do so by NHS Test and Trace, for example if you have come into contact with someone who has tested positive. This remains the law, regardless of your vaccination status.

Information on how to arrange a test is available here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/>

## 2.9 Staying Home When Unwell

If you develop COVID-19 symptoms, self-isolate immediately and get a PCR test, even if your symptoms are mild. You should self-isolate at home while you book the test and wait for the results. You must self-isolate if you test positive.

If you feel unwell but don't have COVID-19 symptoms, or your COVID-19 test is negative, you may still have an illness which could be passed on to other people.

Many common illnesses, like the flu or the common cold, are spread from one person to another. This can happen:

- through the air when someone infected with an illness breathes, speaks, coughs or sneezes, they release particles containing the viruses which can be breathed in by another person
- through surfaces and belongings which can also be contaminated with when people who are infected with an illness cough or sneeze near them or if they touch them, the next person to touch that surface may then become infected



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Staying at home until you feel better reduces the risk that you will pass on an illness to your friends, colleagues, and others in your community. This will help reduce the burden on our health services.

If you have received a positive COVID-19 test result but still feel well and able to study you may be able to attend your YIHA training sessions via zoom. Please contact via the email address at the top of this policy.

## 2.10 Understanding the Risks Of COVID-19

The risk of catching or passing on COVID-19 can be higher in certain places and when doing certain activities. The main way of spreading COVID-19 is through close contact with an infected person. When someone with COVID-19 breathes, speaks, coughs or sneezes, they release particles (droplets and aerosols) containing the virus that causes COVID-19. These particles can be breathed in by another person. The particles can also land on surfaces and be passed from person to person via touch.

In general, the risk of catching or passing on COVID-19 is higher:

- in crowded spaces, where there are more people who might be infectious
- in enclosed indoor spaces where there is limited fresh air

Some activities can also increase the risk of catching or passing on COVID-19. This happens where people are doing activities which generate more particles as they breathe heavily, such as singing, dancing, exercising or raising their voices. The risk is greatest where these factors overlap, for example in crowded indoor spaces where people are raising their voices.

In situations where there is a higher risk of catching or passing on COVID-19, you should be particularly careful to follow the guidance on keeping yourself and others safe as we return to normality. Every little action helps to keep us all safer.

### If you are clinically extremely vulnerable

Clinically extremely vulnerable people are advised to follow the same guidance as everyone else. However, as someone who is at a higher risk of becoming seriously ill if you were to catch COVID-19, you should think particularly carefully about precautions you can continue to take. These precautions are included here: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/19-july-guidance-on-protecting-people-who-are-clinically-extremely-vulnerable-from-covid-19>

Date of Change:	Changed By:	Comments:
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## Appendix 1

Example of Summary Risk Assessment that can be sent to participants advising them of measures put in place and COVID precautionary measures required of them. This template is not exhaustive and should be modified to meet specific requirements of sessions.

	Controls Required	Mitigations: <i>possible examples are given; these are not exhaustive</i>	Actions
<b>People Management, Tutor/ Student Tutor Best Practice and Communication</b>			
1	Self-screening of individuals before they arrive at the class to ensure individuals displaying COVID-19 symptoms or those who should be shielding do not travel or attend	Attendees advised to self-screen and not attend if presenting with any symptoms.  Risk Assessment form shared with attendees	Summary risk assessment sent to attendees via email [date XXX] requesting this action
2	An assessment of user numbers, space capacities, venue circulation and layout planning to maintain social distancing	Attendees asked to respect 2m social distancing gap at all times.  Social Distancing - Reducing the number of persons on arrival and leaving the venue to comply with the 2-metre gap recommended by the Public Health Agency <a href="https://www.publichealth.hscni.net/news/covid-19-coronavirus">https://www.publichealth.hscni.net/news/covid-19-coronavirus</a> <a href="https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people">https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people</a>	Summary risk assessment sent to attendees via email [date XXX] requesting this action
3	Communications in place so that all participants are aware of the control measures in place and how to act appropriately to minimise the risk of transmission of COVID-19	Place all personal belongings out of the way and away from other people	Summary risk assessment sent to attendees via email [date XXX] requesting this action



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	Controls Required	Mitigations: <i>possible examples are given; these are not exhaustive</i>	Actions
4	Clear protocols to manage any person who becomes symptomatic at the venue as per government guidelines for employers and businesses as the most relevant information	<p>If any person becomes symptomatic during the class, they are to remove themselves safely from the situation and follow Government guidelines in terms of self-isolating and corona testing. All participants that have come in to contact with the person during the class will be notified and they too will be required to follow Government guidelines.</p> <p>If a person is unable to safely remove themselves then emergency first aid procedures will be followed, and the emergency services will be called to assist. See item 9 below for further information.</p>	Summary risk assessment sent to attendees via email [date XXX] advising of this action
5	Outline how participants who are returning to the environment from isolation due to suspected or confirmed cases of COVID-19 or other COVID-19 related reasons should be medically assessed prior to return	No participant will return to the class for at least 10 days from the onset of symptoms and they must be at least 7 days with no symptoms. They will not be allowed back to the venue/ class for at least 14 days from the onset of symptoms and will require clearance from the COVID Medical officer before they return	Summary risk assessment sent to attendees via email [date XXX] advising of this action
6	Agree a clear position on how participants who are deemed vulnerable or are in a household with vulnerable individuals interact with the environment, which must be in line with government advice on clinically vulnerable individuals.	Clinically extremely vulnerable individuals or those continuing to live with anyone deemed clinically extremely vulnerable should not be engaged in the class environment in line with current government advice. <b>Check current guidance</b>	Summary risk assessment sent to attendees via email [date XXX] advising of this action
8	Ensuring class session plans are designed to minimise the injury and illness risk/NHS burden as a priority consideration	Participants will be taught the class entirely on their mat/ at their seat and not required to move from the mat / seat at any point during the teaching of the class.	Summary risk assessment sent to attendees via email [date XXX] advising of this action



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	<b>Controls Required</b>	<b>Mitigations: <i>possible examples are given; these are not exhaustive</i></b>	<b>Actions</b>
<b>9</b>	Should a known or suspected COVID-19 case occur in the exercise environment or an individual be identified as a contact of a known case the individual/s in question should be placed in isolation and follow the PHE guidelines.	<p>Any participant who may become symptomatic whilst at the class should leave the venue immediately without touching anything and without coming into close contact with anyone.</p> <p>If the person is clinically unstable, they will be isolated and medical assistance called for. Necessary authorities will be advised to ensure the isolation area is cleaned appropriately after use (also in item 4 above).</p>	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>10</b>	Put in place an off-site booking system, either online or via phone/email. Avoid cash transactions.	All participants are required to register with tutor via health questionnaire/ email/ booking system	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>11</b>	Ensure any support staff within the group exercise venue are operating to the minimum standards of practice that ensure any professional body endorsement and professional indemnity insurances they require are still valid.	Applicable insurances checked and confirmed	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>Buildings and Venues</b>			
<b>13</b>	Assess the maximum occupancy of your class	<p>Tutor has limited bookings/ reservations in line with occupancy rates and communicated the reason for limited numbers with participants in advance of class</p> <p>Participants to place mats/ stand 2m apart and remain on mats/ seats for duration of class.</p>	Summary risk assessment sent to attendees via email [date XXX] advising of this action



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	<b>Controls Required</b>	<b>Mitigations: <i>possible examples are given; these are not exhaustive</i></b>	<b>Actions</b>
17	Assess if spaces can be allocated between car park bays to minimise risk	Communicate with participants the need to park away from others wherever possible – public carpark available.	Summary risk assessment sent to attendees via email [date XXX] advising of this action
18	Ensure accesses, exits, passage, main room and stairways are safe, unobstructed, and accessible	Clients ensure that they maintain 2m social distancing when entering/leaving  <i>Clients to ensure their belongings do not obstruct the safe passage of other participants</i>	Summary risk assessment sent to attendees via email [date XXX] advising of this action
19	Review emergency exits and access in the event of an emergency	Premises are accessible to the emergency services	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>Hygiene and Cleaning</b>			
22	Provision of hand washing facilities with warm water, soap, disposable towels, and bin.	Clients asked to bring their own hand sanitiser and not to touch anything other than their own belongings. Disinfectant hand wipes also available	Summary risk assessment sent to attendees via email [date XXX] advising of this action
23	Provision of suitable wipes hand sanitiser in locations around the facility to maintain frequent hand sanitisation.	Participants to be encouraged to carry their own sanitisers with them – as above	Summary risk assessment sent to attendees via email [date XXX] advising of this action
24	Only essential items of equipment to be used. All equipment before and after use to be cleaned	Participants bring own equipment – follow procedures for borrowing belts as described by tutor in email [date xxxx]	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>Venue Preparation</b>			
<b>What are the hazards?</b>		<b>Other venue hazards to be considered after temporary closure such as Legionnaire’s Disease, fire, electrical safety etc.</b>	
<b>Who might be harmed?</b>		<b>Facility users</b>	



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	<b>Controls Required</b>	<b>Mitigations: possible examples are given; these are not exhaustive</b>	<b>Actions</b>
<b>25</b>	Check with the venue as to the risk of Legionnaire's disease and if necessary, work has been done to make your water supply safe for users	Verified with venue	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>26</b>	Check with the venue that routine maintenance has not been missed and certification is up to date (e.g. Gas safety, Electrical Safety and Portable Appliance Testing, Fire Safety, Lifts and Heating – Ventilation and Air Conditioning).	Verified with venue	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>27</b>	Re-check the fire procedures for the venue	Plan an escape route and meeting point that respects social distancing measures as per 19 above.  Easy access to the register or list of those attending the class	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>First Aid</b>			
<b>29</b>	Check that your first aid kits are stocked and accessible during all activity	Current first aid kit taken to all sessions	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>30</b>	What steps have you taken to improve your understanding of first aid provision under COVID-19?	Follow guidance from St Johns Ambulance/ Government Guidance	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>31</b>	If you have an AED then check that it is in working order, service is up to date and that it is available during all activity	Check with venue	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>32</b>	Check you have an accessible Incident Report Book	Verified	Summary risk assessment sent to attendees via email [date XXX] advising of this action



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	<b>Controls Required</b>	<b>Mitigations: <i>possible examples are given; these are not exhaustive</i></b>	<b>Actions</b>
<b>33</b>	Implement a Register of all attendees for each class (this must be kept for 21 days in case of outbreaks)	Yes	Summary risk assessment sent to attendees via email [date XXX] advising of this action
<b>34</b>	Ensure you access to a phone in case of emergencies	Yes	Summary risk assessment sent to attendees via email [date XXX] advising of this action