



In the last few weeks, we have observed as different parts of the UK relax social distancing regulations. While the approach varies from country to country, it seems inevitable that teaching yoga outdoors is the next step toward in-person classes. In light of this, Yoga Alliance Professionals is conscious of our responsibility to provide some safety guidelines for teaching in the current climate.

Please be aware that the following are a set of recommendations and do not form part of, or replace official government policy. As always, it is crucial you follow the regulations for your specific area, and check with your local council.

- Send out a health questionnaire and disclaimer form to each student prior to the class. Your disclaimer form should be updated to include possible risks of teaching outside.
- Maintain regular record-keeping for all students that attend your outdoor classes.
- Decide upon the place and time for the class. Ideally, the space should be open and secluded so as not to come into contact with other people.
- Set up an online payment system to prevent physical contact.
- Prior to students arriving arrange the space so that there is a 2-metre gap between each person. This may be done by verbally directing students to their position or physically placing cones.
- Ask your students to fill out a health questionnaire before attending the class. You may wish to include screening questions.
- Request that anyone who is experiencing COVID-19 symptoms remains at home and does not attend the class.
- Do not approach your students or carry out physical adjustments during the class.
- Request your students wash or sanitise their hands prior to the class.
- Ask your students to bring their own yoga mat and additional equipment.
- Students should be advised against clustering in groups before or after the class.



As we move into this new phase of lockdown, it possible that you or your students may have some concerns about practising yoga with others. To minimise this, we have suggested some additional measures you may wish to take to maximise student safety and limit anxiety.

- Request your students to wear a face-mask.
- Encourage your students wear clean clothes to the class.
- Offer antibacterial wipes for your students to take before or after the class.
- Request your students to clean their mats before and after class.
- Encourage your students to change and clean their yoga wear as soon as they leave the class.