

Online class student form

Before taking part in an online yoga class you must complete and return this health questionnaire and acknowledge your understanding of the remote learning disclaimer.

Remote/online Learning Disclaimer

Remote learning has insurance implications and responsibilities for you as a student/participant. British Wheel of Yoga (BWY) teachers (I am one) are fully insured to teach remotely. However, we are unable to risk assess the space in which you are practising, or you, to the same degree that is possible in face-to-face teaching. Therefore, you must be aware that by participating in remote sessions you agree to be responsible for ensuring you are practising in a suitable environment, and that you are healthy enough to participate. My classes are intermediate level and are suitable for all fitness levels. The classes are not suitable for anyone with limited fitness who might need more one to one support or is unable to adapt the postures to suit their own requirement.

All BWY teachers follow “best practice guidelines” and it is your responsibility to follow these student guidelines, as your commitment to keeping yourself safe and injury free.

- 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.
- Make sure you have space around you to move safely and the device you are using is securely positioned and will not interfere with your movement.
- Please do not participate if you think you are unfit or ill or under the influence of alcohol or non-prescription drugs.
- Neither myself, nor the British Wheel of Yoga are qualified to express an opinion that you are fit to safely participate in any of my yoga classes. Please obtain professional or specialist advice from your doctor before participating if you are in any doubt.
- Listen to your body. Follow any safety instructions or suitable modifications or adjustments to the exercise as instructed. The class content is offered in stages – work at the stage that is right for you.
- Please don't 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 myself, participating in one of my yoga classes is entirely at your own risk. By accessing and participating in the class you confirm that you have read and understood this disclaimer
- Practicing remotely relies on our internet provider – which is mostly brilliant. However, when things go unexpectedly on this front, we have to let go of our expectations with an attitude of non-attachment as there is always another time.



Health Questionnaire

Name:

Name for emergency contact:

Emergency contact tel. no:

Do you get / have: (Please either delete the ones that don't apply or highlight in bold the ones that do apply)

- Joint problems
- High blood pressure
- Diabetes
- Heart problems
- Epilepsy
- Sight/eye problems
- Breathing problems
- Asthma
- Migraine
- Depression
- Other

Have you recently had an operation? Yes No

Details:

Is there anything else that you feel I should know, in order that you can enjoy & take part in the class(s) (e.g. pregnancy, hearing) Type here:

Guidance for students to maximise the experience of a remote yoga class.

The online yoga classes will be taught via an online platform called "Zoom". By completing and returning this form you agree/understand the following:

- Being in a remote class is a different experience to being physically present with a teacher in a group setting.
- When you join a class you will be audible/visible to everyone else who has joined the class. You may wish to consider where you decide to be in your home, what will be on view to others and what they can hear. Remember that anyone else who comes into the frame, including children may be visible to other participants and that you can be heard even when you're not visible, so do make use of the 'mute' facility!
- Please switch off your video when you do not wish to be seen by other participants.
- Please note that although you may appear on video link during the live stream of the class, I may not be able to see you clearly or instruct you individually in the way that is possible in a face-to-face teaching scenario.
- At the start of a class, please bring to my attention anything that is new/current, in relation to your health, for the session you are about to participate in. If you would rather do this via email/text, please ensure you do this at least an hour before the class starts, to allow time for me to respond where necessary.
- Throughout the classes, I will be offering a range of modifications/adaptations, to suit different health needs and/or body limitations.
- So that I can best advise you of the different modifications during the yoga class, there might be times that a specific instruction will be given to you, in order that you are safe/not injuring yourself – other people will be able to hear this instruction even though they might not see you.
- **It is important that you only do things in the class that feel right for you/your body. Please ask if you are unsure, or need other modifications. Remember it's your body & only you can know your own limits.**
- I will be in our virtual studio 10 mins before the class to greet you, answer questions and iron out any technical issues.

To take part in my classes you will need to use suitable equipment:

- **Chair Yoga Classes:** Please have a dining chair (no arms) to sit on & place your chair on a rug, carpet or yoga mat to make sure that the chair doesn't slide.
- **Hatha Yoga Classes:** Please use a yoga mat (for your safety)
- **Relax and Restore:** you will need cushions/pillows/blankets/eye pillow
- **Other equipment:** You might need a yoga belt (a dressing gown belt / scarf / tie are perfect substitutes)
- **Wear comfy clothes / yoga clothes** - in the interest of avoiding wardrobe malfunctions Pj's are best avoided (I know, it's tempting when you're at home!!)