



# Duty of Care

This TSYP document provides an explanation of the Duty of Care and offers useful steps that teachers can take to evidence that they have attempted to comply with that duty. It is not intended to be an exhaustive statement of the law in this area.

As a self-employed teacher of yoga, you are personally responsible for complying with the Duty of Care to your students and you will be personally liable in the event of a breach of that duty.

## Your duty of care includes:

- Teaching to the level of experience and capacity of your students.
- Offering modified practices appropriate to individual students and explaining areas for caution relevant to individual medical conditions.
- Teaching within your training and experience and where a student is suffering from a medical condition outside your knowledge, seeking further training or expert advice and referring your student to their doctor or other health professional.
- Recognising that if you do not have the knowledge to teach a student safely, you should not do so.
- Ensuring your students can progressively take responsibility for their own safety by giving them the information they need to do so. This does not absolve you from your own responsibility, but it acknowledges that adults also take responsibility for themselves.
- If you teach groups of students with specific needs, for instance pregnancy classes, children's classes, or classes for special needs students you must have the training/experience to do so safely.

Below are links to relevant documentation offered by TSYP and accessed from [www.tsyp.yoga](http://www.tsyp.yoga)

**Policies & Forms:** <https://www.tsyp.yoga/members-policies-forms/>

**Teachers' forms, Policy & guidance:** <https://www.tsyp.yoga/members/teachers-forms/>

**Reasonable Adjustments:** <https://www.tsyp.yoga/about/policies/reasonable-adjustments/>

**Equality and Diversity Policy:** <https://www.tsyp.yoga/about/policies/equality-and-diversity/>

**Insurance:** <https://www.tsyp.yoga/members/members-insurance/>

Version	11/3/21
Author	BWY/Maggie Shanks
Ratified by	EGM
Date Ratified	11 May 2021
Date issued	11 May 2021
Date to be reviewed	May 2024