

TRUE YOGA: CODE OF ETHICAL PRACTICE

Yoga is a holistic practice and philosophy. All members of True Yoga should therefore act within the principles of good, ethical practice as listed below:

- 1 Provide a safe environment where all users, students, volunteers, teachers and members can enjoy equality of opportunity and work without fear of discrimination or harm.
 - (i) Respect the right, dignity and worth of every person.
 - (ii) Act with honesty and integrity.
 - (iii) Consistently display high standards of behaviour and appearance.
 - (iv) Maintain clear sexual boundaries with clients and/or their carers.
 - (v) Refrain from acting in any way that might bring the tradition, organisation or teachers of yoga into disrepute.

- 2 Ensure that the student is the teacher's first and paramount concern:
 - (i) Place the well-being and safety of the student above any other consideration.
 - (ii) Develop an appropriate working relationship with students, based on mutual trust and respect.
 - (iii) Respect the student's right to confidentiality.
 - (iv) Always ensure that consent is sought when working with students.
 - (v) Clarify with students at the outset (and where appropriate with their carers) exactly what is expected of them and what they are entitled to expect from the teacher.
 - (vi) Co-operate fully with other specialists (e.g. other teachers, doctors, etc.) in the best interests of the student.
 - (vii) Ensure activities are appropriate for the age, maturity, experience and ability of the individual.
 - (viii) Encourage and guide students to accept responsibility for their own behaviour and practice.

- 3 Personal Responsibilities
 - (i) Hold up-to-date and appropriate teaching qualifications.
 - (ii) Maintain continuing professional development.
 - (iii) Maintain a personal practice.
 - (iv) Maintain adequate supervision from an appropriately qualified supervisor.
 - (v) Appreciate the limits of their own knowledge, skill or competence and ensure that where this is reached refer to another more experienced or appropriately qualified teacher or therapist.

- 4 Legal and Governance Requirements

Teachers must comply with UK law and any governance requirements set out by their professional bodies. In particular, they must:

- (i) Maintain appropriate client records.
- (ii) Maintain financial records.
- (iii) Hold appropriate insurance cover.
- (iv) Where teaching children hold applicable Disclosure and Barring Service check and undertake safeguarding training every three years.
- (v) Where teaching adults at risk, have completed an application form, self disclosure form and completed the SCIE online training working with adults at risk.
- (vi) Hold a recognised First Aid Qualification. This should be renewed every three years.
- (vii) Comply with the terms of the Data Protection Act 1998 and update in 2018.
- (viii) Where necessary register with the Information Commissioner.