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Charity Number: 1190806

Yoga4Health Teachers and Safeguarding

All Yoga4Health teachers must follow YIHA's Safeguarding Policy available on Box and on the YIHA website. Please read and digest this important policy. The Yoga4Health 10-week social prescribing programme is designed for adults, so our safeguarding focus is not on children, but on vulnerable adults. During induction you should determine if any of your students fall into this category. This may be obvious, self-declared or a conclusion you reach. The policy is broad and covers conduct towards all adults.

As well as following this and other YIHA policies, a reminder that Yoga4Health teachers are expected to hold:

- A current first aid certificate or equivalent expertise (for healthcare professionals)
- Current public liability insurance to cover their teaching (the venue you use will usually have its own public liability insurance for the building)

Additionally, from November 2020 it is YIHA policy that all Yoga4Health teachers should undergo basic certificated Safeguarding Adults Training. This costs £20 plus VAT for a single course, or £10 plus VAT if you can use the WhatsApp groups to buy 5 courses at once. You should update your Safeguarding Training when your certificate expires or every three years, whichever comes first.

[eLearning At Work | Online Safeguarding Adults Training Course](#)

When completed, please email a copy of your PDF certificate to Paul Fox for YIHA's records. You may complete a similar course from a different provider or submit your own certificate if you have already done this training via a different route.

Teachers should also hold a current DBS Certificate (Disclosure Scotland, in Scotland) which you can pay a small fee to auto-renew on the DBS website

[Disclosure and Barring Service - GOV.UK \(www.gov.uk\)](#)

[Disclosure and criminal record checks - mygov.scot](#)