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Charity Number: 1190806

YIHA Position Statement on Vaccination - September 2021

During the pandemic, most Yoga4Health programmes have been delivered online, but we may now be approaching the time when face-to-face classes become possible. This raises the question about whether or not Yoga4Health teachers are themselves double-vaccinated.

Medical evidence shows that the Covid-19 approved vaccinations are highly effective at preventing hospitalisation and death, and that vaccinated people who catch Covid-19 are infectious to others for a fewer number of days.

In line with NHS policy, the Yoga In Healthcare Alliance is not requiring Yoga4Health teachers to be vaccinated. However, we are asking our Yoga4Health teachers to disclose their vaccination status to NHS patients they teach face-to-face as part of their Risk Assessment for each Yoga4Health course. Patients who are referred onto a programme by a GP or Social Prescribing Link Worker (and those who self-refer, often after signposting) may assume that an NHS-approved yoga social prescribing programme will be run by teachers following NHS advice, which is strongly in favour of vaccination to keep staff and the public safe. Some of these patients may have been shielding, be vulnerable, or have an elevated risk to Covid due to age, co-morbidities or underlying health conditions.

We would invite any Yoga4Health teachers who are not double vaccinated, and planning to run a face-to-face course to contact the Yoga4Health Co-ordinator, Paul Fox, beforehand to discuss options, such as switching to delivering a course online. Again, this is in line with NHS policy, which is to offer staff unsure about vaccination to have an individual conversation and talk privately with someone about this matter in order to support an informed decision.

We want patients and our teachers to be as safe as possible.

YIHA is separately issuing guidelines on the protocol that should be followed when teaching the Yoga4Health protocol during the pandemic. Please download from the YIHA website.

Agreed by the YIHA Board of Directors

24th September 2021