

**One signed copy of the form to be kept by the parent/carer**  
**One signed copy of the form to be kept by the BWY yoga teacher**

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## SAFEGUARDING CHILDREN POLICY

### BWY Good Practice and Hands-On Adjustment

The NSPCC recommend that good practice includes:

- Stating positive reasons for using manual handling
- Providing information to parents about the “touching process”
- Obtaining written consent from parents and young people

Information and Consent Form to be made available to Yoga for Children module tutors, and teachers teaching children/ young persons under 16 years of age, to use with their students and the parents/carers of the young people they teach.



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**One signed copy of the form to be kept by the BWY yoga teacher**

**FORM G - HANDS-ON ADJUSTMENT**  
**CHILD and PARENT/CARER CONSENT FORM**

I \_\_\_\_\_ (name of teacher), as a BWY teacher, will use hands-on adjustment occasionally to assist alignment, and if the young person is practising their yoga during my yoga lesson in an unsafe way, when the instruction cannot be communicated in any other way, ie either verbally or through demonstration.

The adjustment will be made by me first verbally, obtaining the permission of the young person, and then supporting the appropriate part of the body to make the adjustment.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Consent of Parent/Carer**

I \_\_\_\_\_ (name of parent/carer) consent to

\_\_\_\_\_ (name of teacher) using hands-on

adjustment with \_\_\_\_\_ (name of young person)

under the above-stated conditions, and I confirm that I am legally entitled to give consent.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(signature of parent/carer)

**Consent of Young Person**

I, \_\_\_\_\_ (name of young person) consent to

\_\_\_\_\_ (name of teacher) using hands-on adjustment with me under the above-stated conditions.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(signature of young person)