

Chudography Yoga Teacher Training

Fitness to Practise Policy

Purpose

The purpose of this policy is to ensure that all students are able to practise, learn and teach safely throughout the Chudography Yoga Teacher Training.

The policy supports both the wellbeing of individual students and the safety of fellow trainees, tutors and future students by setting clear expectations for professional behaviour, participation and readiness to teach.

Chudography Principle

At Chudography, we believe that becoming a yoga teacher is about far more than demonstrating movement. It is about developing the knowledge, awareness, professionalism and communication skills needed to create safe and meaningful experiences for others.

Fitness to practise is not about being perfect. It is about recognising your responsibilities as a teacher, understanding your own limits and demonstrating a willingness to learn, reflect and act professionally.

1. What Fitness to Practise Means

1.2. Students are expected to demonstrate that they are able to participate in the training and, ultimately, teach yoga in a way that is safe, respectful and professional.

Fitness to practise includes the ability to:

- 1.3. Teach safely and within the limits of your knowledge and experience.
- 1.4. Communicate clearly and respectfully.
- 1.5. Demonstrate professional behaviour.
- 1.6. Receive and apply feedback constructively.
- 1.7. Work respectfully with fellow students and tutors.
- 1.8. Maintain appropriate professional boundaries.
- 1.9. Recognise your own limitations and seek support when required.
- 1.10. Meet the standards outlined within the Chudography Teaching Framework.

2. Health and Wellbeing

2.1. Students are responsible for informing Chudography of any health condition, injury or circumstance that may affect their ability to participate safely in the course.

2.2. Having a physical injury, disability, medical condition or mental health condition does not automatically prevent participation.

2.3. Where possible, reasonable adjustments will be considered to support learning while maintaining the safety of everyone involved.

2.4. Students are encouraged to seek appropriate medical advice where necessary and to take responsibility for managing their own health throughout the programme.

3. Professional Behaviour

3.1. Students are expected to behave in a manner that reflects the responsibilities of a future yoga teacher.

This includes:

3.2. Treating everyone with kindness, dignity and respect.

3.3. Maintaining confidentiality where appropriate.

3.4. Acting honestly and with integrity.

3.5. Following course policies and procedures.

3.6. Respecting professional boundaries.

3.7. Creating an inclusive and welcoming learning environment.

3.8. Using feedback as an opportunity for growth and development.

4. Concerns About Fitness to Practise

4.1 Concerns may arise where a student's behaviour, health or professional conduct raises questions about their ability to participate safely or teach responsibly.

Examples may include:

4.2. Persistent unsafe teaching practices.

4.3. Repeated failure to follow safety guidance.

4.4. Behaviour that places themselves or others at risk.

- 4.5. Serious breaches of professional conduct.
- 4.6. Behaviour that significantly disrupts the learning environment.
- 4.7. Failure to engage with agreed support or improvement plans.
- 4.8. Each situation will be considered individually and with sensitivity.

5. Support Process

5.1. Where concerns arise, Chudography will seek to support the student wherever possible.

Support may include:

- 5.1. A confidential discussion with the Course Director.
- 5.2. An agreed action plan.
- 5.3. Additional mentoring or supervision.
- 5.4. Further teaching practice.
- 5.5. Temporary adjustments to learning activities.
- 5.6. Referral to other appropriate sources of support where relevant.
- 5.7. Students will be kept informed throughout the process and given opportunities to respond to any concerns.

6. Outcomes

6.1. Where concerns cannot be resolved through support and development, Chudography may:

- 6.2. Require additional assessment.
- 6.3. Delay the final assessment until the required standard has been achieved.
- 6.4. Require further training before certification.
- 6.5. Determine that the student is not currently fit to practise and withhold certification until the required standards have been met.
- 6.6. Any decision will be based on the safety of future students, professional standards and the assessment criteria within the Chudography Teaching Framework.

7. Appeals

7.1. Students have the right to appeal decisions made under this policy in accordance with the Chudography Appeals Policy.

Review

This policy will be reviewed annually to ensure it remains fair, transparent and aligned with the values of Chudography.