

CHECKLIST

Disclaimer Checklist

Create or review your disclaimer. Not every element is required, but many are considered best practice and help support safe, professional teaching.

YOGAPROS

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Compliance & Safety

A decorative graphic in the bottom right corner of the page. It features a large, solid purple circle representing a head, and a stylized, angular purple shape below it representing a body in a yoga pose, possibly a Warrior II or a similar standing pose. The shape is composed of several straight lines meeting at sharp angles, creating a modern, geometric look.

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◆ INTRODUCTION

This template provides a practical starting point for planning, recording, and reviewing your professional practice. Adapt it to suit your role, teaching environment, students, and any relevant legal, safeguarding, or insurance requirements.

◆ DISCLAIMER CHECKLIST

Create or review your *disclaimer*.

Use this checklist to create or review your disclaimer. While not every element is required, many are considered best practice and help support safe, professional teaching.

◆ CORE DISCLAIMER (ESSENTIAL)

Ensure your disclaimer clearly states:

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- ☐ Participation involves physical activity and risk of injury
- ☐ Students take part at their own risk
- ☐ Students are responsible for working within their own limits
- ☐ Students are encouraged to listen to their body and stop if needed
- ☐ Students should consult a medical professional if they have concerns
- ☐ Students are asked to inform the teacher of relevant health conditions

◆ LEGAL AWARENESS (IMPORTANT TO UNDERSTAND)

- ☐ You cannot exclude liability for death or personal injury caused by negligence
- ☐ Disclaimers do not override your duty of care
- ☐ Disclaimers may have limited legal effect depending on the situation
- ☐ Wording such as “participate at your own risk” can help, but is not a full legal safeguard
- ☐ Safeguarding note (if working with vulnerable adults or minors)
- ☐ Data protection reference if collecting health info — sample text below

◆ SAMPLE TEXT — DATA PROTECTION

Any personal or health information you provide will be used solely to support your safe participation in classes, stored securely, and handled in accordance with applicable data protection legislation. It will not be shared with third parties without your consent unless required by law.

◆ HEALTH & MEDICAL INFORMATION

- ☐ Students confirm they have declared any relevant medical conditions

CHECKLIST

☐ Students agree to update you if their health status changes (e.g. injury, pregnancy)

☐ Encourage students to seek medical advice if unsure about participation

☐ Emergency contact / incident protocol (even briefly referenced)

◆ ADJUSTMENTS & PHYSICAL CONTACT (IF APPLICABLE)

☐ Clarify whether hands-on adjustments may be used

☐ Obtain clear consent (e.g. verbal, written, or permission cards)

☐ Provide a clear option to opt out of adjustments

◆ BEST PRACTICE (OPERATIONAL)

☐ Present disclaimer clearly and accessibly

☐ Share at key points: registration, confirmation email, and/or before class

☐ Keep a record of agreement (especially for higher-risk sessions)

☐ Review and update regularly as your teaching evolves

☐ Late arrival / refusal of participation (if someone appears unfit to practise)

◆ DEPENDING ON HOW AND WHERE YOU TEACH

Some additional points to *consider*.

Here are some additional points to consider, depending on how and where you teach.

Online / Virtual Classes

CHECKLIST

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- ☐ Students acknowledge responsibility for their own space and environment
 - ☐ Clarify that you cannot assess them physically in the same way as in-person classes
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Equipment & Environment

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- ☐ If providing equipment, state that use is at the participant's own risk
 - ☐ Remind students to ensure equipment is suitable and safe
 - ☐ Note: this does not remove liability for faulty or poorly maintained equipment
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Products / Tangible Goods (if applicable)

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- ☐ Outline any risks associated with products sold or recommended
 - ☐ Include returns/refunds policy (e.g. time limits, faulty goods)
 - ☐ Clarify that the risk list is not exhaustive
-

Content, Handouts & Teaching Materials

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- ☐ State that materials reflect your professional knowledge and personal approach
 - ☐ Include a disclaimer for errors or omissions
 - ☐ Clarify that materials are not a substitute for medical advice
-

Courses, Workshops & Training (if applicable)

-
- ☐ State that information is accurate at time of publication
 - ☐ Reserve the right to amend or withdraw course content if necessary
-

IMPORTANT

This checklist is provided for general awareness, professional orientation, and reference only. It is an example of points you may wish to consider and is not exhaustive, nor is it a substitute for professional legal, tax, insurance, safeguarding, or other advice specific to your individual circumstances.

YOGA PROS

*A Learning Hub resource from the Compliance
& Safety team — helping members teach with
confidence.*

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