

Code of Conduct Checklist

Eleven core areas you may wish to include when writing or reviewing your own code of conduct.

YOGAPROS

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Compliance & Safety



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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.

◆ CORE AREAS

Eleven areas for your *code*.

Core areas you may wish to include in your code of conduct are:

1. Professional values and teaching standards

Begin with the principles that guide your teaching. This might include your commitment to:

- student wellbeing
- inclusion and accessibility
- informed consent
- respect and professionalism
- ongoing learning and Continuing Professional Development (CPD)
- practising within your scope of practice
- honest communication about your qualifications and experience
- commit to ongoing self-care and personal practice to ensure safe, authentic teaching
- honour yoga's cultural roots and teach with cultural sensitivity, avoiding appropriation

This section establishes the foundation for the rest of your code.

2. Respectful behaviour and inclusion

Your code of conduct should describe the learning environment you aim to create. You may want to say that you are committed to:

- treating all students with dignity and respect
- not discriminating based on race, disability, sex, gender identity, age, religion, sexuality, or background
- using respectful language
- supporting reasonable accessibility needs where possible. Clearly stating your willingness to discuss and accommodate access needs, within your capacity, empowers students with disabilities or differing needs
- maintaining a class culture that does not tolerate bullying, harassment, intimidation, or exclusion

This is also an appropriate place to note that students are expected to treat you and one another with respect.

3. Informed consent and physical contact

If you use hands-on assists, include this section. You should explain:

- whether you offer physical assists
- how you ask for consent
- how students can decline contact
- that consent can be withdrawn at any time
- that choosing not to receive touch will never affect a student's experience negatively

If you use tools such as consent cards, verbal check-ins, or pre-class reminders, specify this in your code.

This is a non-negotiable. Students must understand what contact may occur and how to opt out.

Your code of conduct should clearly define your professional role and its limitations. Stating that you:

- teach yoga within your training and competence
- do not diagnose injuries or medical conditions
- do not offer medical, psychological, legal, or financial advice unless separately qualified to do so
- refer students to relevant professionals where appropriate
- do not present yoga teaching as a substitute for healthcare, therapy, or specialist treatment

This protects both you and your students.

4. Student safety and wellbeing

Include a brief section on how you support safe participation. For example:

- asking students to share relevant injuries, health issues, or access needs where appropriate
- encouraging students to work at their own pace
- reminding students that they are responsible for listening to their body and making informed choices
- adapting where reasonably possible
- stopping or modifying practices where there is a clear safety concern
- have clear procedures for emergencies (medical, fire, evacuation) in all teaching spaces.

This section should be practical and focused on supportive guidance rather than cautionary language.

5. Safeguarding and duty of care

If you work with children, young people, or adults at risk, your code of conduct should reflect that responsibility. You may want to include that you:

- take safeguarding seriously
- follow your safeguarding procedures
- maintain appropriate professional boundaries
- avoid situations that could place students or teachers at risk
- respond appropriately to concerns, disclosures, or signs of harm
- understand when signposting or escalation is needed

Even if you primarily teach adults, it is important to demonstrate that duty of care is central to your professional standards.

6. Confidentiality and privacy

Teachers often hear personal information before or after class. Your code of conduct should explain how you handle personal information. You might include that you:

- treat personal information with care
- only collect information that is relevant and necessary
- respect privacy
- follow applicable data protection requirements
- only share information where there is a safeguarding concern, legal obligation, or clear professional reason to do so

This helps students understand that privacy is important, but confidentiality may be limited when safety is at risk.

7. Communication and professional conduct

This section should outline your standards for professional communication. You may want to cover:

- honesty in advertising and class descriptions
- clear pricing and booking information, linking your policy on missed classes, cancellations, lateness, or refunds. This prevents misunderstandings and demonstrates transparency.
- respectful communication online and in person
- appropriate response times, where relevant
- not making misleading claims about outcomes, accreditation, healing, or specialist expertise
- professional behaviour on social media and in digital spaces

Transparency fosters trust by ensuring your expectations and decisions are clear, helping students feel secure and respected in your teaching environment.

8. Equality of treatment and boundaries around relationships

A code of conduct should also state that you maintain fair and appropriate boundaries. This may include:

- avoiding favouritism
- maintaining appropriate teacher-student boundaries
- handling power dynamics responsibly
- not exploiting students emotionally, financially, sexually, or professionally
- being thoughtful about gifts, private messaging, or blurred personal-professional boundaries

This is particularly important for teachers in close-knit communities or one-to-one settings.

9. Dress, environment, and professionalism in practice

Some teachers include expectations for personal presentation and the classroom environment. For example:

- maintaining a clean, safe, and suitable teaching space
- dressing appropriately for the setting
- arriving prepared and on time
- using music, language, props, touch, or themes in a way that is appropriate to the class context

These expectations should be flexible and reflect the standards of your teaching environments.

10. Online teaching expectations

If you teach online, include a brief section addressing digital expectations. You may want to explain:

- how students should access the class
- whether cameras are optional or required
- how recordings are handled
- expectations around respectful online behaviour
- any privacy considerations for live or recorded sessions
- state whether students may record classes, share handouts, or post content online

Online teaching also requires clear boundaries and professional standards.

11. Complaints, concerns, and feedback

Students should know how to raise concerns if issues arise. Your code of conduct can include:

- how students can raise a concern
- whether concerns should be raised by email, form, or direct conversation
- your commitment to handling feedback respectfully
- when matters may need to be escalated

A clear process reduces confusion and ensures concerns are addressed fairly.

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.

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

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