

Develop Your Scope of Practice

Eight steps to define what you are qualified and competent to do, recognise your boundaries, and know when to refer.

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.

◆ STEP 1 · DEFINE YOUR CURRENT ROLE

Complete the statements *below*.

My professional role(s)

-
- ☐ Yoga Teacher
-
- ☐ Yoga Therapist
-
- ☐ Children's Yoga Teacher
-
- ☐ Pregnancy Yoga Teacher
-
- ☐ Chair Yoga Teacher
-
- ☐ Meditation Teacher
-
- ☐ Breath work Teacher
-

Other:

I currently teach

-
- ☐ Adults
-
- ☐ Beginners
-
- ☐ Older Adults
-
- ☐ Children
-
- ☐ Teenagers
-
- ☐ Pregnancy
-
- ☐ Postnatal
-
- ☐ Accessible Yoga
-
- ☐ People with long-term health conditions
-
- ☐ Corporate classes
-

☐ One-to-one sessions

Other:

◆ STEP 2 · WHAT AM I QUALIFIED TO DO?

List your current *qualifications*.

QUALIFICATION	TRAINER NAME	YEAR

Additional specialist training

Examples include:

- Trauma-informed yoga
- Yoga Nidra
- Anatomy
- Mental Health First Aid
- CPD courses

My additional specialist training:

◆ STEP 3 · DEFINE YOUR SCOPE

Confident and *competent*.

I am confident and competent to... — *examples*

- ✓ Teach group yoga classes

- ✓ Modify postures
- ✓ Teach beginners
- ✓ Offer breathing practices
- ✓ Teach relaxation

My scope includes:

My scope does NOT include... — *examples*

- ✗ Diagnosing injuries
- ✗ Medical advice
- ✗ Counselling
- ✗ Nutrition planning
- ✗ Prescribing exercises following surgery
- ✗ Safeguarding investigations
- ✗ Financial advice

Other:

◆ STEP 4 · KNOW YOUR BOUNDARIES

Before offering advice, ask *yourself*.

☐	Am I trained to advise on this?
☐	Am I qualified?
☐	Am I insured for this?

-
- ☐ Do I have enough experience?
-
- ☐ Is this within my professional role?
-
- ☐ Could this advice cause harm if I'm wrong?
-
- ☐ Would another professional be better placed to help?
-

If you answer **No** to any of these questions, consider referring the student elsewhere.

◆ STEP 5 · RECOGNISE WHEN TO REFER

Support outside your *expertise*.

Refer when a student requires support outside your expertise. Examples include:

SITUATION	REFER TO
Medical diagnosis	GP or Healthcare Professional
Injury rehabilitation	Physiotherapist
Mental health support	Counsellor or Psychotherapist
Nutrition planning	Registered Nutrition Professional
Safeguarding concerns	Safeguarding Lead or Appropriate Authority
Specialist yoga needs	Yoga teacher with relevant specialist training

◆ STEP 6 · STUDENT QUESTIONS CHECKLIST

Before answering a student's question, pause and ask:

-
- ☐ Is this a yoga question?
-
- ☐ Is this outside my expertise?
-
- ☐ Am I making assumptions?
-
- ☐ Would I be comfortable defending this advice professionally?
-

Remember: being helpful doesn't always mean providing the answer.

◆ THE SAFEST RESPONSE

Sometimes the safest response is:

"That's outside my area of expertise, but I'd encourage you to speak with an appropriate health-care or wellbeing professional."

◆ STEP 7 · MY REFERRAL NETWORK

Build your own trusted *network*.

Healthcare Professional

Physiotherapist

Mental Health Professional

Nutrition Professional

Women's Health Specialist

Specialist Yoga Teacher

Other

◆ STEP 8 · REVIEW YOUR SCOPE

Review your scope of practice:

- ☐ Every year
- ☐ After completing CPD
- ☐ When teaching a new population
- ☐ When changing your teaching environment
- ☐ After gaining new qualifications

Ask yourself:

- Has my knowledge changed?
- Am I working with different students?
- Do I need additional training?
- Does my insurance still cover my work?

◆ SCOPE OF PRACTICE SELF-ASSESSMENT

Rate yourself from 1–5.

I understand my professional boundaries.	☐	☐	☐	☐	☐
	1	2	3	4	5
I know when to refer students.	☐	☐	☐	☐	☐
	1	2	3	4	5
I feel confident saying “I don’t know.”	☐	☐	☐	☐	☐
	1	2	3	4	5
I only provide advice within my competence.	☐	☐	☐	☐	☐
	1	2	3	4	5

I regularly update my knowledge through CPD.

☐	☐	☐	☐	☐
1	2	3	4	5

◆ MY SCOPE OF PRACTICE STATEMENT

Complete this *statement*.

I am qualified and competent to teach:

I do not provide:

When a student's needs fall outside my expertise, I will refer them to an appropriately qualified professional.

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.*

Develop Scope of Practice — Workbook

YogaPros Learning Hub — Compliance & Safety

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