

Health & Safety Guidelines Online Dance Classes

Before the first session:

- Consider which space in your home is most suitable to work in (i.e. the one that can be most easily cleared to make space for relatively static practical activities)
- We advise you undertake a risk assessment of your space before the first practical session; you might find the following website useful for this purpose: <https://www.hse.gov.uk/risk/controlling-risks.htm>

Preparing your space for practical sessions:

- Move furniture out of the way, where possible to do so safely, to create an area free of obstacles to work in
- Find a suitable surface to work on. Keep in mind that you will have to modify some activities if your surface is slippery (e.g. wooden floors), sticky (e.g. carpet) or uneven (e.g. tiles).
- Select footwear appropriate for the surface you are working on and the content of the session. If necessary ask your tutor for guidelines.

Preparing yourself for practical sessions:

- Wear appropriate dance wear
- Have water to hand to keep yourself hydrated
- Warm up and cool down appropriately (before and after each session)
- For some sessions, you may wish to use a towel or mat as a floor covering

During the sessions:

- Follow your teacher's instructions and work according to your own abilities
- Stop and/or modify settings as necessary
- Modify activities in accordance with the risk assessment of your space

Important Disclaimer:

As we are working remotely, please note that teachers are unable to give you personal or group feedback so please only participate in those activities that are safe for your body. Your tutors are doing their best to deliver content that can be done safely in small, non-dance spaces but please be mindful of any specific risks with the space you are working in (see guidance re risk assessment above). Given the nature of these classes, you participate at your own risk and should only do those activities that you consider safe for your own body and the space that you are working in.