

Health & Safety Guidelines

Before the Intensive Syllabus Class:

- 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 lesson; you might find the [HSE website](#) useful for this purpose.

Preparing your space:

- 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).

Preparing yourself:

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

During the lesson:

- Ensure your device camera is turned on and you are visible to the teacher for the duration of the lesson
- 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:

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 the space you have available 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 lessons, 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.