

DANCE EAST

CENTRE FOR ADVANCED TRAINING

ONLINE CLASSES - SAFE PRACTICE AT HOME CHECKLIST

This checklist is to be completed before participation in any DanceEast Centre for Advanced Training online classes. This checklist must be complete by the student and parents/carers.

SAFE SPACE

- Is your working environment warm, well-lit and well ventilated?
- Do you have enough room to move without obstruction?
- Can you move without hitting any objects?
- Is the floor suitable (e.g. not too hard or too slippery)?
- Are you free from distractions (e.g. other people or pets)?

PREPARING YOUR SAFE SPACE

- Do you know how to correctly pick up, carry and lower heavy items e.g. furniture?
- Have heavy items been moved off high shelves to avoid things falling? And have these been stored away safely?

SELF-CARE

- Are you wearing comfortable clothing and the correct uniform for the class?
- Do you have a drink to keep hydrated that is sealed to avoid spillages?
- Do you have any pre-existing injuries that you need to be conscious of? If so, have you informed the class tutor?
- Remember that it is okay to adapt the material to your body and the space around you.
- Is your parent/carer or supervising adult close by in case you have an injury? Do you have access to first aid supplies or equipment if required?
- Have you warmed up before class?
- Remember to cool down after class.

CONNECTION

- Have parents/carers checked the type of external online materials prior to commencing for safeguarding reasons?
- Does your device have sufficient battery to last the duration of the class, or is it connected to a power source? Are the wires tucked away safely?
- Is your internet connection working properly?
- Is your audio working on your device?
- Are all settings on your device set to the appropriate privacy settings?