Online Dance Class
Top Tips and Safety Guide

Before taking part in an online dance class please check the following:

- **Space** – Do you have enough space around you to move? Please check that there is nothing for you to trip, fall over or bump into whilst you are dancing.

- **Clothing** – Are you wearing clothes you can dance in? Leggings/joggers, t- shirt and trainers. Are your shoe laces tied?

- **Safety** – Does someone know that you are taking part in physical activity? If not tell them now.

- **Hydration** – Do you have water nearby? Please take as many water breaks as you need – Stay hydrated!

- **Movement –** Only do moves that you feel comfortable to do, variations will be given.

- **Take a Break** – take a break if you need one

- **HAVE FUN !!!**