

# Northern Ballet Learning

**Please read this disclaimer before taking part in any online classes with the Northern Ballet Learning Department**

Northern Ballet strongly recommends you only undertake exercise or dance activity that is suitable for your own physical fitness and where you are unsure do not participate in the activity without appropriate medical guidance. Please let us know if you have any additional needs in advance if you feel comfortable in doing so. If you have an injury or an existing medical condition, we recommend that you seek professional advice before attending the class.

Northern Ballet is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

There is always the risk of physical injury when participating in any exercise or dance program. If you engage in home practice and online videos, you agree that you do so at your own risk, that you are voluntarily participating in these activities and that you assume all risk of injury to yourself or others in your locality.

As with all dance and exercise programs, when accessing our online classes please use common sense.

If you are dancing alone, we recommend letting someone know that you are participating in the class and request that they check in with you shortly after the class finish time in case of any accidents. The Northern Ballet Learning staff may also contact you if they have concerns e.g. if you dropped out of the class early or do not leave the Zoom call.

We strongly recommend that you risk assess the environment that you will be performing these exercises in and make sure they are clear of hazards.