

Safe Practice at Home Checklist

SAFE SPACE

- Do you have enough room to move without obstruction?
- Can you move your arms 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)?

SELF CARE

- Are you wearing comfortable clothing and comfortable shoes such as trainers?
- Do you have a drink of water nearby?
- Do you have any pre-existing injuries or conditions that you need to be conscious of? If so, have you informed the Learning team or the teacher?
- Do you have people at home to help in the unlikely event you get injured during class? If not, please make sure you have provided the Learning team with an emergency contact number.
- Remember to only do what is comfortable for you - it is okay to adapt the material to your body and the space around you

CONNECTION

- 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?
- We can send you our guidelines and useful tips; please request a copy by contacting learning@northernballet.com

OUR COMMITMENT

✓ There will always be a member Northern Ballet staff hosting the classes and present throughout the sessions in addition to the teacher(s). They will be able to support with any questions you have about the class and/or the connection.

✓ We will hold emergency contact details for all participants in case of injury and will use these if/when the participant is unable to get support at home.

✓ Whilst there is no guarantee that any online platform is fully secure, Northern Ballet have a number of measures in place to protect your privacy during these classes. All classes are a closed event and only available to those who have booked in advance via a link sent on the day of the class. A member of staff will host the event, controlling and monitoring all visual and audio from participants for the duration of the class, as well as monitoring guests joining the class.

✓ Only the host will be able to record the classes within the platform, which will not be done unless prior consent from all participants has been given.

✓ Northern Ballet's Safeguarding policy will be followed at all times.