



## MOVING ONLINE SAFELY CHECKLIST

Here's some simple ways to help you stay safe when participating in our movement classes online – make sure to check these off before joining each class:

- Are you feeling well as normal? If not, we'd advise you don't participate until you feel better.
- Is the space you'll be moving in clear and large enough for you to move around? Make sure you can't easily bump into things and the floor is suitable (e.g. not slippery).
- Are you wearing clothing you can move in easily? Make sure your socks/footwear are suitable too (we advise not to wear socks if it makes the floor feel slippery).
- Is your device fully charged/ plugged in and connected to the internet?
- Is your camera and audio working? It's important your teacher can see and hear you clearly.
- Do you have any injuries or health concerns? If so, have you told the class teacher? It's important they are aware of any aspects that might affect your participation in class so that they can support you in participating.
- Do you have a drink of water nearby to stay hydrated?
- Does everyone else in your household (if applicable) know you are joining in a dance class? We advise that you let them know so you aren't interrupted. Curious pets should watch from a safe distance!
- Do you have a way of contacting someone in case of an emergency? Please make sure you can easily contact someone if needed – having a mobile phone nearby might be helpful.

If you have any questions or problems before the class, please feel free to contact us on [hello@curiousmotion.org.uk](mailto:hello@curiousmotion.org.uk) or 07740 366365