

## Dance On Safety Guide

We want you to enjoy Dance On at Home in a fun, safe and comfortable way. By participating in any of our Dance On zoom sessions, online videos, audio described CDs and radio sessions, you agree to:

- Follow the advice given to you by your GP or health professional about exercising
- If you have any concerns or feel unwell, please stop and seek medical advice
- Make sure the space around you is clear of hazards you could bump into or trip over (including pets)
- Amend or adapt any of the exercises and movements to best suit your body's needs
- If you prefer to sit down, please use a solid hard back chair. If standing with support, make sure you feel steady and secure
- Wear suitable clothing and footwear. Footwear must be flat, anti-slip and firmly secured to your feet (not socks or slippers)
- Clothing must be comfortable and loose, without anything that could get caught (such as jewellery or scarves)
- Make sure your phone or personal alarm is nearby as a sensible precaution, especially if dancing alone in the house
- Rest when you need to (you can pause the videos to do so) and always have a bottle of water handy

As our dance artists aren't physically available to support you, darts and Dance On are not responsible for any injury sustained by you during the course of any dance activity

Please take the sessions at your own pace – and enjoy!