

Dance Safely

1. We want to encourage you to use our videos and live classes to get moving, have some fun and feel connected to friends and fellow class members. We are however most concerned that you should exercise safely.
2. Although we do know many of you personally, we are welcoming lots of new people and we do not know what dance or exercise you may have done before, and whether you may have injuries or other issues.
3. It is difficult for us to give advice on a personal basis but do work within your own limits and email us with any questions or issues, particularly concerning injuries that might affect your ability to exercise.
4. Perhaps you would just take a few minutes before each class to consider how best to ensure that you can dance safely at home. Normally as the class teachers we can advise on safety issues, how good the floor is, what shoes are best etc, but we cannot see you at home.
5. Please make sure you have enough space, that may not be easy, but have a look around your space to make sure you are not going to smash that priceless Ming vase or hit your head by jumping to high!
6. It is possible to dance on carpet, but a smooth floor is preferable, see what shoes work best on the floor you plan to use.
7. It goes without saying that you should wear comfortable clothes suitable for exercise.
8. Have your water bottle on hand.
9. If possible, shut out any pets who might be a trip hazard.
10. As we are sure you appreciate, we can accept no liability for any injuries sustained by those participating in the classes, nor do we accept any liability for damage to personal property caused during the dance classes.
11. Do not worry if you cannot dance full out, the whole idea is just to get moving and have fun.

Life is better when you dance, dance safely!