

BDA: GUIDANCE FOR ONLINE PRACTICE

FOLLOWING PRE-FILMED CLASSES

When following our videos, make sure you have enough space to move safely. Stay away from sharp corners and low ceilings; clear nearby surfaces; removed trip hazards from floors; make sure you can swing your arms and legs.

Having a bottle of water nearby may be advisable, but don't forget you can pause these video guides at any time.

If you would like feedback on your work, BDA is happy to look over any videos sent to us. Videos sent to us will not be shared outside of the school, and will be discarded once feedback has been given.

If you have any injuries, medical conditions or worries, don't hesitate to contact us* for adaptations/advice.

You can also request video updates or additions by emailing us at principal@brewerdanceacademy.com.

ZOOM MEETINGS

Make sure you have enough space to swing your arms and legs, and that you won't be tripping over anything. Having a bottle of water nearby is advisable.

When you first enter the Zoom meeting you will need to enable video and audio so that you can see and hear your teacher. You should be able to see and hear each other as well but you can mute your microphone and stop your camera by clicking on the video and microphone symbols at the bottom left of the screen.

You may want to "pin screen" your teacher - if you hover over their picture and click the drop-down arrow on the video window (3 dots) then you'll have that option. You can then change between gallery view, which is seeing everyone, and speaker view, which should just be your teacher big on the screen.

If you don't mind being seen, and wish to receive feedback from your teacher, it's best to set up your camera a good distance from where you are dancing so that as much of your body as possible is visible on your teacher's screen.

You can stop to rest or drink some water at any time, just join back in when you can.

Message Mrs Brewer (principal@brewerdanceacademy.com) at least an hour before the class if you have any injuries, medical conditions etc. If you still wish to attend, Mrs Brewer and/or your teacher may give you advice for safe practice, and potential adaptations of exercises.

DISCLAIMER:

Please note that BDA is not a licensed medical care provider and has no expertise in diagnosing, examining, or treating medical conditions of any kind, and is not liable for the effect of any specific exercise on a medical condition. In the interest of your safety, please check with your doctor before beginning any new exercise regime and ensure you exercise according to your capabilities and fitness levels. BDA will give as much guidance as possible to keep students safe but as we cannot clearly see you and your surroundings when you practice at home we cannot be liable for any injury claims or damages resulting from your practice. You should understand that when participating in any exercise or dance program, there is the possibility of physical injury. If you engage in these online dance classes, you assume all risk of injury that might result.

* principal@brewerdanceacademy.com