

# 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](mailto: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 must enable video and audio**. This is so teachers can confirm your identity, and so you can see and hear your teacher. Your video and microphone can be turned on and off using the symbols at the bottom left of the screen, but we wish to reiterate that teachers can only supervise practice and provide feedback if your video is **on**.

If your Teacher cannot see or hear you to verify your identity, they may remove you from the meeting for safeguarding purposes.

We advise students to "pin screen" their teacher; clicking the drop-down menu (3 dots) on the teacher's video window should reveal this option. You should then be able to see your teacher full screen by selecting speaker view. Gallery view, where you will be able to see everyone in the zoom meeting, is rarely advised.

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 communicate with your teacher then join back in when you can.

Message Mrs Brewer ([principal@brewerdanceacademy.com](mailto: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](mailto:principal@brewerdanceacademy.com)