

## SAFE PRACTICE AT HOME

**Keeping you safe when taking part in online classes, live or recorded.**

- Check you have a safe space to move in. Your working space is clear of obstructions and is well lit.
- Wear comfortable clothing and appropriate footwear. It is advised you have bare feet or wear footwear on slippery surfaces.
- Have a sealed bottle of water close by to keep you hydrated.
- Classes are suitable for a range of abilities and experience. It is ok to adapt or interpret the activities to suit your body and space.
- For audio classes, make sure your movement will not be restricted by audio wires or the music is too loud in case of danger
- if possible it is advised to have another person close by in case you need assistance during the activities..

**York Dance Space recommends you consult your GP if you are concerned about taking part in physical activity or have an existing injury before starting the activities.**