

Dance Limerick at Home

Safety Checklist

1. Do you have enough room to move without obstruction?
2. Can you move your arms without hitting any objects?
3. Is the floor suitable (e.g. not too hard or too slippery)?
4. Are you free from distractions (e.g. other people or pets)?
5. Are you wearing comfortable clothing?
6. Do you have any pre-existing injuries that you need to be conscious of, and if so, have you informed the teacher?
7. Remember that it is okay to adapt the material to your body and the location
8. Do you have someone at home to help in the unlikely event you get injured? If not, please make sure you have provided the **Programme & Communications Manager Emer** with an emergency contact number at **emer@dancelimerick.ie**.
9. Remember to cool down after class.
10. Does your device have sufficient battery to last the duration of the class or is it connected to a power source and are the wires hidden safely?
11. Is your internet connection working properly?
12. Is your audio working on your device?
13. We will hold emergency contact details for all participants in case of injury if/when the participant is unable to get support at home.
14. Whilst there is no guarantee that any online platform is fully secure, Dance Limerick will be putting a number of measures in place to protect your privacy during these classes. These include:
 - All classes being a closed event and only available to those who have booked in advance.
 - Only the host/teacher will be able to record the classes, which will not be done unless prior consent from all participants and/or parents/guardians has been given.
 - Regular review of the suitability of the platform.

We hope you enjoy your class!