

Safe Dance Practice Guidelines

Please note that the tutorials are designed for at home practice. The instruction provided is general and not personal instruction.

The activities in the tutorials are suitable for anyone with an interest to move creatively. No previous dance experience is needed.

Prior to working with the tutorials please check that:

- You have at least 2 meters clear space around you
- The floor is clear of any objects or spills
- The floor is clean and safe to dance on
- Wear comfortable clothing that allows for freedom of movement
- Wear appropriate footwear suitable for the floor in your space
- Hair is tied up to allow clear vision
- Jewellery is kept to a minimum; remove any dangling jewellery
- You are not close to any heat sources that may burn or scald you
- To the best of your ability set up your screen so that it is at, or close to eye height and near enough to see the instructor clearly
- Have the volume up so that you can hear the instructions
- Go at your own pace and take breaks as required
- You have an adult nearby to provide first aid and ensure cyber security

If an exercise or action causes sharp or sudden pain, STOP immediately, apply first aid and advise an adult. Your actions are unsupervised so please make your own judgements as you know your body better than anyone.

Please note that the material in the video tutorials are copyrighted and have not been approved for sharing, or for third party recordings.

This guideline was created in consultation with Ausdance VIC Online Delivery of Dance Classes and Tutorials Ausdance Recommendations and Teacher Resources