

# TAKING A DANCE LESSON ONLINE OR PRACTICING DANCING AT HOME...?



## Here's a checklist to keep you safe:

- ★ **PARENTAL PERMISSION:** Your parents should have given **permission** for you to watch a class or video online and checked for safe content, especially if engaging in an interactive lesson with a webcam.
- ★ **CLEAR SPACE:** You must have a **clear safe space** to dance with furniture moved out of the way.
- ★ **CLOTHING:** You should be wearing **suitable clothing and footwear** and have hair tied back securely as you would for class.
- ★ **BE AWARE:** You are still learning and should not attempt skills which are new or too hard without **supervision** or advice.

