



Safety Guide

We want you to enjoy Dance On in a fun, safe and comfortable way. By participating in Dance On sessions you agree to:

- Follow the advice given to you by your GP or health professional about exercising
- Stop and seek medical advice if you have any concerns or feel unwell
- Follow the instructions of the dance artist with regard to Covid-19 safety and adhere to any social distancing regulations at all times
- Make sure the space around you is clear of hazards you could bump into or trip over, including bags and coats
- Amend or adapt any of the exercises and movements to best suit your body's needs
- Sit down if you prefer to using a solid hard back chair. If standing with support, make sure you feel steady and secure
- Wear suitable clothing and footwear. Footwear must be flat, anti-slip and firmly secured to your feet (not socks or slippers)
- Wear comfortable and loose clothing without anything that could get caught (such as jewellery or scarves)
- Rest when you need to and always have a bottle of water handy

Please take the sessions at your own pace – and enjoy!

