



Class Participants Safety Check List

Can you see the screen clearly?

Make sure the screen remains clearly in view for the whole of the session

Can you hear the instructor loud and clear?

Check your volume level and adjust if necessary.

Have you enough space?

Ensure there's enough space around you to enable a small amount of movement in each direction, without any obstructions like furniture etc.

Are you standing on a safe surface?

It needs to be non-slip with no trip hazards like rugs.

Please keep your Pets away!

Make sure they can't join in and not in the same room.

Have a drink on hand in case you get thirsty.

Have a sturdy chair nearby, for support or a rest down if needed.

Make sure it's on stable flooring. Ideally it should be straight backed and without arms.

Work at a level that suits you.

This might be a smaller movement, a slower pace or from a seated position instead of standing.

Have rest periods when you need them.

Don't wait for the instructor to give you a break.

Please wear suitable, comfortable clothing and footwear.

Please don't wear slippers, socks on their own, or flip flops.

Please respect the other participants in the group.

Some people may feel uncomfortable if other members of your household are observing them on the screen.

If you lose connection with the session, don't panic!

It is highly likely that your computer will automatically reconnect you. If not, you can simply follow the email link again and re-join the session.

During the session, if you begin to feel unwell please stop immediately.

Stay in view of the camera. Either get the attention of the instructor or another person in your household if applicable. It is important that you don't just disappear as we will worry; we need to know if you are unwell. If you are concerned and can easily get to your screen you can "unmute" yourself if necessary.

Let us know how you got on!

Please give us some feedback about how you found the session. You can talk to the instructor immediately after the class or you can email us at:

onlineclasses@ageuksomerset.org.uk

Have fun and enjoy yourself!