



## **Dance Online Coaching Guidance**

10 June 2020

The following guidance is designed to help protect dancer and coach during the lockdown and allow video sessions to get delivered.

In a usual dance environment our qualified technical coaches have the knowledge and expertise to directly supervise, support, shape and ensure dancers are doing the routine activity in a safe way. However, at home this is not the case, so it is important to note that we have to limit the training to body conditioning, flexibility and the basic dance skills.

We hope to start Zoom sessions for our Dancers and we therefore require permission from parents/carers for those who are under 18 years of age, to engage in the home training.

### **Rules and Disclaimer**

#### **Online session rules:**

1. A parent/adult must be in the room and directly supervising – do not carry out these online sessions/videos if a child or young person is home alone.
2. A large clear space to carry out moves safely – move anything obstructive out of the way to avoid injury or damage.
3. Be aware of your ceiling height.
4. Ensure the floor is not slippery or wet.
5. A bottle of water – please stay hydrated but keep any liquids a safe distance away.
6. Work within the skills being taught in the session only.
7. The club will ensure that two adults, one being a minimum level 2 coach, be present during the online session, and that 1 coach:1 gymnast contact is not allowed.
8. Starpic code of conduct, policies and procedures still apply during these sessions.

#### **Disclaimer:**

Parents/carers must always supervise children taking part to minimise risk of injury. Parents/carers accept all responsibility of monitoring use of this video in respect of any child/adult in their care.

You should understand that when participating in any exercise/coached online session, there is a possibility of physical injury. If you engage in this online session, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself and those you are responsible for (i.e. children/family/others who watch this video), and agree to release and discharge both **Starpic Dance Project** and the online coach from any and all claims or causes of action, known or unknown, arising as a result of this video/online sessions.

**Please confirm your agreement by filling out the attached form and sending it to [media@starpicproject.co.uk](mailto:media@starpicproject.co.uk)**