

THE PLACE

Online Classes - Safe practice at home checklist:

SAFE SPACE

- Do you have enough room to move without obstruction?
- Can you move your arms without hitting any objects?
- Is the floor suitable (e.g. not too hard or too slippery)?
- Are you free from distractions (e.g. other people or pets)?

SELF-CARE

- Are you wearing comfortable clothing?
- Do you have any pre-existing injuries that you need to be conscious of? If so, have you informed the Classes & Courses team or the teacher?
- Remember to only do what is comfortable for you
- Remember that it is okay to adapt the material to your body and the space around you
- Do you have people at home to help in the unlikely event you get injured during class? If not, please make sure you have provided the Classes & Courses team with an emergency contact number.
- Have you warmed up before class?
- Remember to cool down after class

CONNECTION

- Does your device have sufficient battery to last the duration of the class or is it connected to a power source? Are the wires tucked away safely?
- Is your internet connection working properly?
- Is your audio working on your device?

OUR COMMITMENT TO YOU

- There will always be a member of The Place staff hosting the classes and present throughout the session in addition to the teacher. They will be able to support with any questions you have about the class and/or the connection.
- We will hold emergency contact details for all participants in case of injury if/when the participant is unable to get support at home.
- Whilst there is no guarantee that any online platform is fully secure, The Place will be putting a number of measures in place to protect your privacy during these classes. These include:
 - All classes being a closed event and only available to those who have booked in advance. Access is via a password to join.
 - A member of The Place staff will be hosting the event and controlling all visual and audio from participants as well as monitoring guests joining the class.
 - Only the host will be able to record the classes, which will not be done unless prior consent from all participants and/or parents/guardians has been given.
 - Regular review of the suitability of the platform.
- The Place's Safeguarding policy will be followed at all times, with some additional measures being put into place during these online classes which include:
 - Any teacher leading a class for young people will hold a current DBS certificate.
 - A DBS checked member of The Place staff will act as the host for all classes and will always be present during the class.
 - The host of the class will monitor all audio, video and chat for the duration of the class.
 - Only the host will be able to record the classes, which will not be done unless prior consent from all participants and/or parents/guardians has been given.

We hope you enjoy your class.