



Online Classes

Using Zoom

- You will need to register for your free zoom account (if you don't have one already) by visiting <https://zoom.us/>
- Your code to access the Zoom call will be in your e-ticket which you should have received on email prior to the class. The subject of the email will be 'Your tickets are ready'. If you have not received this email please contact info@pdsw.org.uk
- To help us with registration, please make sure that your user name is exactly the same as the name that you used on your booking.
- Check that your internet connection is working properly.
- Check that the audio is working on your device.
- Position your device so that you can clearly see the teacher.
- Ensure that you have sufficient battery life on your device to last the duration of the class.
- Please keep your microphone muted throughout the class.
- We ask that you keep your camera on so that the teacher can see you throughout the session and will be able to provide you with help and encouragement.
- In order to see the teacher clearly make sure you have your settings on 'Speaker View' (usually this setting is in the top right hand corner of your screen if you are using a computer).
- PDSW is the 'host' for every Zoom class, not the teacher. There will be a member of PDSW staff present in every session to help answer your questions about the class and for technical support. Please use the chat function and 'contact the host' with any questions during the session.
- If you would like to ask any questions about the class, please type it in the chat box at the side of the screen. Your teacher will look at these when they can and address a few questions at a time. Alternatively the PDSW team member may also be able to answer this directly and will reply to you via the chat function.

Safety Checklist

- Make sure you have a clear space to dance in with no obstructions.
- Ensure you are wearing appropriate footwear. Socks may be too slippery for your floor at home so be careful and dance barefoot if it offers more grip.

- Ensure you can move your arms and legs freely without hitting and kicking any objects.
- Clear the room of any distractions (eg. Pets and other people).
- Stay hydrated! Have a drink of water to hand.
- If your class requires a chair please make sure it is strong and sturdy for sitting and supporting yourself with (Ballet Barre and Older and Perfect classes).
- Please take responsibility for your own safety at all times and only do what feels right for your own body and range of movement.

Self-Care

- Wear comfortable clothing that you can move easily in.
- If you have any health or medical conditions that we need to know about please make sure you register these when booking or use the chat function to ‘contact the host’ during the class if necessary.
- Remember to follow the teacher’s instructions carefully and stay for the full duration of the class to complete the warm up and cool down.
- If you are at home with other people, make them aware that you are participating in the class in case you need their assistance or get injured during the class.
- If you are alone at home then please let the PDSW staff member aware using the ‘contact the host’ chat function.