



Emma Louise Dance Club Online Class 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 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 teacher 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?

How To Join ELDC Zoom Online Classes

You will need a computer, tablet, or smartphone with speaker.

Each Zoom class has a unique **login link** and **password**, which is sent out via e-mail prior to the start of class.

Click the login link, enter the password and the teacher will allow you to join the class when it begins.

If it is your first time using Zoom you may be prompted to download the software, once you have clicked on the link that you have been provided.

Please allow some extra time before the class is due to start to download the app.

Follow the on screen instructions to get set up.



Zoom Safety Precautions

- Unique password for each dance class
- Videos start ON so teachers are able to see who is in class. Please avoid shutting off the video during class.
- All participants join a waiting room before being admitted by the teacher. Please make sure your Zoom username is the same name you used to book the class. This way we can maintain the security of the class and only admit those who have paid for the class. Here is some info on changing your Zoom name: [Customizing your profile – Zoom Help Center](#)
- Chats are sent only to the host

Emma Louise Dance Club reserves the right to remove anyone from the class without warning. Safety is our highest priority.

We want to create the same environment virtually as we would in person – fun, encouraging and safe.

Troubleshooting Zoom

- We will do our best to answer any questions relating to Zoom but we are not technical experts.
- Please visit Zoom help centre for specific technical advice. You can find help for Zoom at <https://support.zoom.us/hc/en-us/articles/206175806>
- If you lose internet connection during the Zoom class follow the login link to re-join the class. The teacher will let you re-join the class asap.

Tips for Parents/Carers

Its takes time to adjust – We will do our best to make ELDC dance classes as much of a positive and fun experience as we can for your child, but sometimes they may want to sit back and take it in – **and that's ok!** Please do not take hesitation as an immediate sign of disinterest – your child most likely needs a little time to adjust to this new class format.

Mindset – To help your child get into the mindset of dance class these following suggestions can assist.

- **Wear Dance Uniform** – Wear ELDC T-shirt, leggings or jog pants and dance shoes. Hair fastened up and jewellery off. This helps to set the mindset of “time for dance!”
- **Bottle of Water/Light Snack** – Have a bottle of water ready to stay hydrated during the class. Have a light snack before class. Eating while dancing is not safe so have a light snack before class, so you have lots of energy for dancing.
- **Have a Set Class Space** – Use one specific room for dance class – kitchen, living room, bedroom – anywhere that has enough space for movement.



- **Minimise Distractions** – Although it is impossible to eliminate all distractions at home, helping to create a space (toys out of the way, TV off, mobile phone off etc) can help set the tone that it is now time to focus on dance and have fun.
- **Arriving on Time** – We generally wait a few minutes to officially “start” class but when class starts it is tough to let others in as soon as they enter the waiting room as the teacher must pause the class. Being on time ensures your child can enjoy the entirety of the class and keeps the flow of the class going.
- **Mute** Although we love hearing from our dancers, background noise during class is distracting. Once the teacher places the class on Mute, please avoid unmuting. Teachers will unmute before/after class and time to time during class.

**If you have any questions, please contact
emmalouisedance@hotmail.co.uk**

We will be happy to help

Looking forward to dancing with you via Zoom