

ONLINE CLASS WAIVER:

By clicking on any of the **NIDC YouTube video** links you are acknowledging and agreeing that:

- 1) Your child has gained your permission to be online.
- 2) You will ensure that your child is wearing appropriate clothing that is suitable for dance.
- 3) That, where possible, you will ensure devices are located in a communal space like a living room - rather than a bedroom. If only a private space like a bedroom is available we would advise keeping the door open and/or you or another adult stay present for the class.
- 4) The sharing of the link to this video is strictly forbidden.
- 5) Your child participates in these online dance classes at their own risk. You understand that dance is likened to sport and, although rare, injury may occur. Northern Illawarra Dance Co./Woonona Bulli Youth Club Inc. will not be held responsible for any injury that may occur to your child during dance class.
- 6) YouTube classes cannot be monitored by NIDC teachers. It is the responsibility of parents to monitor their child when participating in NIDC Youtube classes.

ESSENTIAL INFORMATION FOR STUDENTS (Parents please ensure your child fully understands these requirements)

- It is important to remember that your teacher will not be able to see you. You will have to take more responsibility than usual for the safety of your space and of your movements.
- Please make sure you have at least two metres clear space around you, that the floor is clear of any objects or spills, and the surface is appropriate to dance on. Where possible, we recommend devices be located in a communal space like a living room - rather than a bedroom. This is to ensure parents can monitor lessons and dancer safety.
- Try to set up your screen so that it is at, or close to, eye height, and near enough to see the teacher clearly. Ensure you have the volume set high so that you can hear the instructions. Make sure your device isn't in danger of being knocked.
- Wear appropriate clothing. Just as in normal dance classes hair should be tied back and jewellery removed.
- Have a full bottle of water bottle close by.
- If an exercise or action causes sharp or sudden pain, stop immediately, apply first aid or seek help from your parents. Because of the online format your actions are unsupervised by your teacher so please make your own judgements, as you know your own body better than anyone.
- Have any pets or young siblings in another space to avoid sudden tripping hazards.

Please note that the material in this video is copyright and has not been approved for sharing, or for third party recordings. Sharing of these classes and YouTube links are strictly forbidden.