

ONLINE ACTIVITIES USER AGREEMENT

The following includes a Disclaimer notice plus terms and conditions related to participating in online classes, movement and learning activities with Joss Arnott Dance (JAD).

Please review the following User Agreement carefully before engaging with JAD's online classes and movement activities. You should also read our Privacy Policy and Safeguarding Policy in relation to participants which can be found online at <http://jossarnottdance.com/safeguarding-and-prevention/>

PARTICIPANTS WHO ARE UNDER 18

All participants who are under 18 should be fully supervised by an adult when engaging in our online classes or movement activities and must be supervised in the setup of all accounts to access this work.

HEALTH & SAFETY WAIVER

JAD strongly recommends that if you have concerns about undertaking any physical activity or have an existing injury, that you will have consulted with your GP before beginning any of the physical aspects of these activities.

JAD is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should be in good physical condition and be able to participate in the exercise. You should understand that in certain circumstances (e.g. if you are carrying an injury, disclosed or otherwise) that some activities may be unsuitable for you. In this instance, you should seek medical guidance around making reasonable adjustments or modifications to the material before undertaking the activity.

It is important, for us that you understand that when participating in any aspect of physical activity online or otherwise, there is the possibility of physical injury. If you engage in online classes or participate in our guided movement activities, you agree that you do so at your own risk; you are voluntarily participating in these activities, assume responsibility for all risk of injury to yourself, and agree to release and discharge JAD from any and all claims or causes of action, known or unknown, arising out of JAD negligence.

Under no circumstances should you attend any online session or activity whilst under the influence of / or suffering from the effects of alcohol or illegal drugs.

LIMIT OF LIABILITY

By choosing to participate in an online class or movement activity, you (the participant) and the company (JAD) and its staff agree that JAD shall not be held liable for any type of loss or damage that could be construed as arising from this programme. JAD does not take any responsibility for inappropriate engagement, use or application of information or instruction provided through online materials.

CREATING A SAFE PHYSICAL SPACE FOR MOVEMENT

To support safe practice, we recognise that you will have undertaken the **Risk Assessment** procedures and **Risk Assessment checklist**, which is attached at the end of this document.

IMPORTANT: Declaration

By participating in this activity, you are certifying that you have read and agree to the terms and conditions set out in the disclaimer document provided, prior to the engagement in this activity. By taking part in this activity you acknowledge that you are participating voluntarily in the session and that you are solely and personally responsible for your choices, actions and results, now and in the future. You accept Full responsibility for any consequence of your use, or none-use, of any information provided in this engagement and you agree to use your own judgement and due diligence before implementing any activity during the rehearsal and performance but also any future use of the choreography.

DANCE:CONNECTS - PULSE! 2.0 - AT HOME RISK ASSESSMENT

Guidance & Checklist for Live and Pre-Recorded Activities

	Things to check:	Tick
1	Ensure you wear appropriate clothing and footwear when dancing at home.	
2	Ensure your dancing space is safe. Where possible, move furniture out of the way to ensure you have ample space to move. We are aware that most participants will have limited room to move and as such, we will adapt our classes and pre-recorded activities as best as possible to allow for this.	
3	Follow all advice given – while you may be taking part in a class or activity at home, we want you to keep as safe as possible. If you feel unwell, STOP - know your limits and listen to your body!	
4	Do you have an adequate space to move comfortably, to undertake a movement activity safely? For example 2m x 2m?	
5	Is your physical space warm and well-lit with the facility for it to be well ventilated?	
6	Are there any trailing cables nearby that need to be moved away or tied up out of the way so they don't present a trip hazard?	
7	Is there anything hanging on your walls or from the ceiling that to may dislodge? E.g. pictures or ceiling light/lampshade?	
8	Are all floor coverings within your dance space clear and without hazards e.g. remove loose rugs does carpet need taping down? Have you checked for loose floorboards or nails which are exposed?	
9	Are you near a door or walkway where someone could knock into you?	
10	Do you have a drink within easy reach to keep hydrated that is sealed to avoid spillages?	
11	Is there another person within the house in case you have an injury? Or is your mobile phone on hand?	
12	Do you have access to first aid supplies or equipment if required?	
13	Have you ensured that there are no hot drinks in your space whilst carrying out movement work, to avoid spillage and burns?	
14	Are all items that you need for your movement work within easy reach?	
15	Is your computer/laptop or mobile device secure so that it will not fall over and cause injury or hazard?	
16	(Under 18s) Have parents or guardians checked JAD Privacy Policy and Safeguarding Policy Statement prior to commencing for safeguarding reasons?	
17	Are all settings on your computer/laptop/mobile device set to the appropriate privacy settings when taking part in online learning activities?	