



How to stay safe whilst line dancing at home

In these challenging times of trying to keep a degree of normality in our lives whilst essentially staying in our homes, we are all wanting to reach out to each other as a community and continue with our passion...line dancing!

It has been amazing the number of virtual classes being offered and the way we have adapted in such a short space of time to keep our community going. Let alone the ways in which we continue to support and reach out to one another. Now while we try and continue to dance our hearts out in our living room, kitchen, conservatory etc... we need to ensure we don't end up hurting or injuring ourselves. I mean we all want to be straight back on that dance floor as soon as this passes right?

So, with that in mind, whether you are an instructor teaching your classes online or one of the many attending the online classes, take a look at what we at ELD recommend thinking about in order for us all to stay safe and injury free whilst dancing at home.

Due to restrictions in physical activity the process of warming up and cooling down before and after a class is particularly important when taking part in any kind of dancing.

The Physical Environment

- Ensure you have a clear space and are aware of your surroundings.
- Move as much furniture out of the way as possible, particularly coffee tables and other low-level furniture to avoid tripping/bumping into them.
- Remove or roll-up any rugs that you may tripped over.
- Ensure any wires or other trip hazards are out of your new dance space.
- It is probably best to get any pets out of the room where you will be dancing.
- Think about the floor you are actually going to be dancing on. Carpets can be difficult to dance on as sometimes your feet stick to the carpet which could result in twisted knees or injury to other joints. Also tiled and wooden floors can sometimes be more slippery than thought.
- If you are sharing your dance space with your household during the class, ensure you know where others are in the room to avoid injuring each other.
- Consider opening a window for ventilation if you are likely to get hot.

Equipment

- Wear the shoes you would normally wear when attending your dance class. NOT SLIPPERS OR FLIP FLOPS no matter how comfy they are.
- Wear the clothing you would usually wear when attending your dance class.
- Ensure you have water (or similar) to hand to remain hydrated during the course of your class.
- Don't attempt to eat or drink whilst dancing.

Extras for Instructors Only

- Include a disclaimer at the start of your class stating (verbally or written on the screen) that:
 - *This is for general exercise.*
 - *Students need to be aware of their own capabilities and if in any doubt, seek medical advice before attending the class.*
- Include a disclaimer (verbal or written on the screen) around using copyrighted music. Ensure it is made clear that you do not own the rights to the music.
- Remind people to ensure they are wearing appropriate clothing and shoes before dancing.
- Consider a warming up/cooling down session for your class. This could take the form of a gentle dance.
- Remind people during the course of class to hydrate... take a breather so you can remember to do this yourself.
- For those instructing those under 18 or vulnerable adults:
 - *Ensure you get written consent from parents (or equivalent).*
 - *Use an online-share platform to avoid needing access to children's contact details.*
 - *Do not make contact outside of class without parental consent.*



Top 5 Safety Tips whilst Line Dancing at Home

1. Ensure you have cleared a sufficient and safe space to dance, moving as much furniture out of the way as possible and taking care to remove any further trip hazards.
2. Remember to warm up/ cool down before and after dancing.
3. Keep pets out of the room you will be dancing in.
4. Wear appropriate footwear and clothing for dancing and consider.
5. Remember to stay hydrated.

Full guide and article available at www.everythinglinedance.com