



# STAYING SAFE WHILE TAKING ONLINE CLASSES

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## PRACTICE NORMAL SAFETY PRECAUTIONS

- Hydrate before, during, and after class
- ALWAYS do a proper warm up
- Fuel yourself with healthy food
- Execute proper technique
- Never attempt a move beyond your level

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## ADJUST TO THE SPACE

- Make sure you have enough space - with parents permission move around the furniture to adjust
- Dance on a safe surface - avoid cement and slippery surfaces/rugs
- If move has too much impact or you don't have room to execute properly - safely "mark" the move

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## PRACTICE INTERNET SAFETY

- Always make sure you have parents permission
- Never share your videos or photos without parental permission and never to those you don't know
- Never enter into a live class or chatroom without your parents permission and guidance