

Dancing with Parkinson's Programme

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

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 workshops, you agree that you do so at your own risk. We are offering you the opportunity to assess your own risk and safeguard your own wellbeing within the class and your home space. Luminelle will not be liable for any type of loss or damage that could be construed as arising from this programme.

RISK ASSESSMENT: CREATING A SAFE PHYSICAL SPACE FOR MOVEMENT

To support safe practice, we offer you the opportunity to complete the following CHECKLIST For Participating Safely At Home.

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. If you require the use of a chair during the class, ensure you choose a sturdy, comfortable chair suitable for moving in.	
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 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	Are all settings on your computer/laptop/mobile device set to the appropriate privacy settings when taking part in online learning activities?	