



## Health and safety for participation in online exercise

I am very pleased to be able to continue to deliver Pilates classes to you online and have confirmed I am insured to do this with Fit Pro insurance.

However as I will not be able to observe and correct you I need to make you aware of a variety of health and safety issues which are included in this document. Due to this I ask you not to share the links that take you to the online exercise sessions with anyone outside of this group as they will not have read this information.

### Health conditions

If anyone has a chronic health condition please consult your doctor for approval prior to starting the programme.

As I have exercised you all before and completed verbal screenings I am happy for you all to exercise with me but I can not take responsibility for any worsening of conditions. Therefore if you feel that distance teaching is not appropriate for you please do not take part.

If anyone has a new health condition please notify me and we can risk assess this.

If you start to feel discomfort or feel unwell during any exercise please rest.

### Environment

Please choose a safe place to carry out the exercise class in.

Please be mindful of space, temperature, equipment used, environment.

Allow yourself enough space to place a mat down and to have your arms spread out to the side.

Please do not exercise in a room where the temperature is above room temperature of 21 degrees. Try to use a room where ventilation.

Ideally you will; have eaten 2-3 hours prior to the programme.

Thank you for reading this and agreeing to the conditions.