

# SCOTTISH BALLET

## Zoom Ballet Class Guide

We can't wait to dance digitally with you! To make the most of our ballet classes, please ensure you have:

- A suitable and safe space to dance in, please have a think about your background before you start your video.
- Enough room around you to reach out to the side without hitting anything. Make sure there are no trip hazards on the floor around you too,
- Something to use for your home 'barre'. This could be the back of a sturdy chair, approximately elbow height that is heavy enough not to move when you put pressure on it, or a sturdy surface such as a kitchen worktop,
- Some drinking water,
- Wear something cool, comfortable that you can move in. Ideally the class is done in bare feet, or socks/footwear suitable for moving on your floor,
- And while joining our Zoom classes, please ensure you only do what feels comfortable and safe for your body.
- If you would like to receive verbal feedback, please ensure that your entire body can be seen from the camera. You may need to position yourself further back to get your feet and raised arms on camera. Take some time to test this before class, as it will depend on your space! *N.B. Does not apply to Ballet Live! which is a livestream.*
- Please be aware that your audio quality will depend on your device.

### **Zoom Class Directions:**

- **Please stay on ‘mute’ at all times if possible, to avoid feedback on the audio.** You will be muted at the beginning of class so should not have to change this feature.
- Please retain your original email with the Zoom link – this link is recurring and will not change week to week. No password is required.
- Please ensure you have the correct Zoom name which matches the form you submitted upon booking – **we won’t admit names we do not recognise to the class.**
- Please ensure the teacher is pinned to your main screen to ensure you have full view of the demonstration – your moderator will do this in the first instance.
- **If you would not like to see other participants dancing, please put the Zoom stream to ‘full screen’ and minimise the other participant’s videos.**
- If you choose to turn your own video off so that others cannot see you dancing, please be aware that you do so at your own risk as the moderator will not be able to observe you.
- Please do not be late to the class as the warm-up is required for health and safety – latecomers after 15 minutes will not be admitted to the class.

### **Moderator’s Role**

- Please use chat function if you need assistance, we have a staff moderator on hand to help you.
- Please use chat function if you have any questions. These may or may not be addressed at the end of class depending on time restrictions and relevance.
- Please use the chat function and let us know if you need to leave the screen for an extended period to let us know you are safe.
- If the moderator is concerned about illness or injury, they will try to contact you in the first instance. If they cannot get in touch with you, they will call your emergency contact.

If you have any further questions, please contact us on [classes@scottishballet.co.uk](mailto:classes@scottishballet.co.uk)

Thank you.