

NYB In This Together – Safety Guidance

1. All participants under the age of 16 must be supervised by an appropriate adult.
2. This workshop is pitched at a senior level of grade 5 and above. We want you to be able to participate fully, but if you have not yet encountered any of the moves featured in your regular dance classes then please adapt them to suit your level of dance experience and the space you have available.
3. Make sure that the space around you is clear and that you have enough space to work safely. If you are not sure please ask an adult to help.
4. Make sure that you are fit to participate and have no injuries. If you have concerns, please speak to a qualified medical professional. Any exercise or fitness programme carries with it a risk of injury. If you choose to participate you agree that you are doing so at your own risk and with the permission of an appropriate adult. National Youth Ballet cannot be held liable for any resulting injury or damage to property.
5. Please make sure that you are wearing appropriate footwear and clothing to be able to participate safely.
6. Please ask permission from a parent or carer before posting any images or video to Instagram.