

Your safety is always our first priority but even more so at this time with the COVID-19 outbreak as we do not want any of you to sustain an injury and have to access your GP or hospital services which are extremely stretched.

Exercise and activity is important during social isolation but safety is paramount. Please **take no risks, go at your own pace and exercise in a safe place** using a sturdy chair placed by a wall so it cannot tip or move. You can also use a kitchen worksurface. Move your computer/ ipad/ phone to a safer place rather than just exercising where you are.

We suggest you :

- Wear **trainers** / supportive footwear
- Wear your **orthotics**/ braces/ splints to aid stability of foot and ankle
- Drink **water** throughout
- Go at **your own pace**
- Use **additional support** to what you use in the studio and listen to your body, you should start to feel tired as you progress
- You may want to do some exercises **sitting** if your balance is challenging and you can work harder on building strength and confidence by doing more sitting than you can do standing
- You can purchase **elastic resistance bands** online, but you do not need these as you can use **water bottles** or **cans** for weights, though we know that some of you have your own dumbbells / weights.
- Ensure you **warm up**! If you miss the start of the class, warm up before joining in. Warm ups prevent injury
- If you feel dizzy or short of breath please **stop immediately**, sit down and let us know.

We suggest the first time you participate in the class you **have someone else in the house** with you to support with the technology and assist with the exercise as required.

Using Zoom you can type a message on the **Chat**, or “**Raise Your Hand**” if you want to ask a question as when exercising all your microphones will be muted to decrease background noise.