

PILATES

with Francesca

Health & Safety considerations whilst exercising in an online live class

To ensure your safety whilst exercising in an online live Pilates class, please ensure you consider the following:

- That you have sufficient space in which to exercise. You will need to take up to three steps forwards, backwards and to the side
- There are no trip hazards around you – i.e.. rug corners. If we are using balls or weights, please put them to the side when we have finished using them, so they are not trip hazards
- Ensure your equipment is in good condition – i.e. no tears in resistance bands
- Ensure pets are not going to cause you to trip over them – it is advised that they are not in the room with you when doing standing work
- We do balance work in class and wobbling is part of balance work. Have a chair nearby if you need it and ensure there are no sharp corners nearby if you do lose your balance and fall
- It is advisable to have a drink during the class, but not whilst exercising. Please stop exercising if you are having a drink
- Do not eat just before a class
- If you have an injury, please let me know beforehand so that adaptations can be made for you. Do not attend a class if you have been advised not to exercise
- Your camera needs to be on for the lesson
- You are muted in class so that noise in your home doesn't disrupt the class, but you can 'unmute' yourself to speak to me

As you are aware, classes are recorded.