



## **Steffi Nossen School of Dance Virtual Class Guidelines**

We are excited to have your dancer join us for our Steffi Nossen School of Dance Virtual classes. The faculty and staff have worked tirelessly to create a robust virtual program for your dancers to grow and continue to develop in their trainings. Below are some guidelines to help you set up your dancer for a successful virtual program!

### **How to create a safe dance space:**

- Find a quiet space where your dancer can focus and has limited distractions.
- Help your dancer move aside any furniture or objects that can get in their way while dancing, they should be able to move their arms and legs freely.
- Creating a barre for Ballet- use a kitchen/dining room chair, the side of the couch or something similar. It shouldn't be too high or too low but just below their shoulder.
- Try to avoid carpet if possible. The best floor to dance on is wood, if your dancer needs to dance on carpet, shorter carpet is best (no shag rugs).

### **How to prepare your Device:**

- Make sure the device you will be using is charged or plugged in.
- Set it somewhere at a good distance from your dancer, so it acts like a mirror where they can see the teacher and hear the instructions clearly.
- Make sure the volume is turned up.
- Please show your dancer how to mute and unmute themselves, so they can do it during class if needed. All dancers will be muted upon entry.
- Please show your dancer how to pin and unpin the teacher and the assistant teacher so they can follow the exercises and class easily.

### **How to prepare to dance:**

-Please have your dancer sign into class prepared, with proper dress code and hair. Hair should be pulled back neatly and kept out of your face.

-All classes will be REQUIRED to be in dress code for all Zoom classes. No sweatpants, baggie shirts or hair down.

-Dressing properly even though your dancer is dancing in their own home is part of proper dance discipline and will allow them to have a more successful class.

-Have sneakers nearby in case teacher is working on jumps.

### **Guidelines of the Zoom Classroom:**

-Attendance will be taken in every class.

-Please make sure your dancer is signed on to the zoom class a few minutes early so the class can start on-time.

-Teachers will offer water breaks, please have your dancer take that time to get water and NOT in the middle of their Zoom dance class.

-Please make sure a parent, adult or guardian is nearby and can hear the class, just in case the teacher needs someone to help or there are any technical difficulties during class.

-Please keep cell phones and other distractions silenced.

-If your dancer feels uncomfortable with using the camera on zoom, please send an email to [kristina@steffinossen.org](mailto:kristina@steffinossen.org). Otherwise, all students will be expected to have the camera on during all of the classes they are enrolled in.

Thank you and we look forward to seeing you in September!