



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. 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!