



Getting your classes online

Create your own video or live stream

- Try not to let fear of the unknown be a barrier. Try something new.
- You could consider creating your own practical class.
- The question is, to record a video or to live stream?

The benefits of pre-recording means that you can view it first and ensure that you are happy with the quality. Pre-recording however will mean you will not have the benefit of interacting with anyone on screen.

You can however try something and see how it feels/looks. For example, you may want to record 2/3 exercises / enchainements for students to view and practise. You just need to plan it well and start with something small. Pre-recording ensures that you have control of the quality of your work. You could then share with your students via a private link.

Live streaming by definition means that it is going out live. You have the benefit of student/pupils logging in to a link you have sent them, and you will be able to see them reacting to your instruction. You just must be prepared that things might not always go perfectly, and that you are operating within the realms of technology and relying on the strength and capacity of many internet / broadband networks. So, try something out with some colleagues or close friends first and see how you find it. It may be better to have fewer high-quality sessions rather than causing yourself undue stress to get lots of work out there.

Considerations

Check your policies and procedures and update them as necessary: Insurance / GDPR / Safeguarding / Parental consent

Ensure safe practice: consider how you set up your classes with clear specifications so that anyone attending your sessions complies with your guidelines.

Equipment: You will need reliable Wi-Fi, a laptop with a webcam or an iPad / iPhone / camera / tablet - possibly an external microphone and headset where required

Where are you carrying out your activity: check out your space – is it safe for delivery? Does it have strong Wi-Fi? What else can be seen in the space – does this need to be removed?

What Technology to Use

You could just use your iPad/Camera/iPhone to record some movement that you then upload to a private link for students to access.

Zoom is a popular online device to use but there are many out there depending on what you feel comfortable with and what you are currently using. Many have free trial periods that will enable you to experiment until you feel comfortable. We have some suggestions below.

Zoom: <https://zoom.us/>

There are some video tutorials that can guide you through the process

<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

Or you can read through our written guidance for teachers and students

Vimeo 'basic' allows you to get a 30-day trial for free

https://vimeo.com/create?vcid=37797&utm_medium=cpc&utm_source=google&gclid=EAiaIQobChMIhZqmn4Cx6AIVCJ7VCh1gaQtZEAAYyAAEgLAY_D_BwE&gclidsrc=aw.ds

YouTube

Create your videos and upload them onto YouTube but take care with your settings. Read the small print for this carefully. You want to ensure that you close your group, so that only the audience you intend to view it can do so.

Private versus unlisted?

<https://www.vpnmentor.com/blog/youtube-private-vs-unlisted/>

Instagram live

Guidance on how to create: <https://help.instagram.com/292478487812558>

How to organize your class groups

Give some thought as to how you may organize your groups. How they might pay to attend these sessions? You need to reflect upon how your business might transfer to using online materials and how you support your dance students at this time.

Eventbrite is a popular website to use for organizing an event but again there are others that you may have experienced. It is quite straight forward to use.

Eventbrite – Create an event

<https://www.eventbrite.co.uk/l/coronavirus-resources-event-organisers/>

How to set up a prepaid event using Zoom

<https://www.eventbrite.co.uk/blog/coronavirus-event-tips-resources/>

Or you can read through our written guidance.

Key Reminders

When trying new models of delivery ensure that you protect yourself and your students. Here are some reminders:

- **Ensure that you know who your participants are**
Whilst it is tempting to invite new people into your group ensure that you know who they are. Keep your students safe and close down your permissions – keep it private. Consider the differing needs of your group and how you might facilitate this at this time.
- **Ensure that you have parental permission for students to view your work**
You will have good relationships with the parents of your children but do not make any assumptions. Request their permission.
- **Remember safe practice**
If you are creating a video or live streaming remind your pupils of safe practice and ensure that you show good examples of this within your video.
- **Keep yourself safe**
As a teacher ensure that you are keeping your forums private and know who you are sharing with. Do not be tempted to give 1-1 lessons on your own even if you are keeping ‘physical’ distance via online. You should never be alone with a student / pupil.

In the weeks to come we will be developing more materials and guidance for teachers and members to use.

We appreciate many of you may be already delivering work online and feel confident with that process, others may be just starting. Either way we would encourage you to explore this and see what you can develop. Share and support one another. We will do our best to support you on this journey.

