

Information on live streaming and virtual fitness activities - **Health & Safety.**

Useful links on disclaimers here-<http://sweatlife.co.uk/how-to-stream-fitness-workouts-from-home-to-your-clients/>

Please read the Fitness session disclaimer – for the participant

Before you start your exercise session please read the following information.

You should consult your Doctor before starting any physical activity particularly if you have any of the following health issues

- High blood pressure or heart disease
- Bone or Joint problems that could be made worse by a change in physical activity
- Extremely overweight/underweight
- Severe Asthma
- If you are pregnant

During your workout if you experience dizziness, chest pains or any severe sharp pain during your exercise session please stop immediately and seek medical advice.

By using our fitness content/live platforms you do so at your own risk, your participation in these Sessions are entirely voluntary and you may opt out at any given time.

All information provided from UoM Sport is of a general nature and is provided for Educational/entertainment purposes only. No information is to be taken as medical or other health Advice pertaining to any individual specific health or medical condition. You agree that use of this Information is at your own risk and UoM Sport DO NOT take any responsibility from any and all losses, liabilities, injuries or damages resulting from any and all claims.

Teacher information – useful link when live streaming or making videos - <http://sweatlife.co.uk/dont-commit-these-copyright-crimes-with-your-on-demand-fitness-workouts/>

Key points for teachers when streaming your own content

- Make sure you have an up to date relevant public liability insurance
- Use non copy write music <https://vintaytime.com/no-copyright-music-download-free/>

Health & Safety main points

- Be aware of your teaching space and those of others
- Take into consideration equipment – some people may not have any equipment so adaption should be made.
- You and they have enough space around them to perform exercise –do a standing demo reach arms up to the side, kick legs to the front, side and back, Jump with arms to the ceiling, lie down with a fully extended body.

- Space Environment – indoors the room should be well ventilated, lighting sufficient, and space clear of furniture – beware of children and animals underfoot
- Outdoor space – please check the ground is clear from debris such as glass or organic matter
- Always do a Verbal health screen quick intro at the start of your sessions and if possible a visual text (disclaimer as above) at the start of each sessions.