

**ONLINE DELIVERY OF  
DANCE CLASSES & TUTORIALS**

AUSDANCE RECOMMENDATIONS AND TEACHER RESOURCES

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## AUSDANCE RECOMMENDATIONS AND TEACHER RESOURCES

With contributions by Katrina Rank, Fiona Hulands and Kate Kaleb

### COVID 19 Online teaching statement

Dance is a live art form that examines and explores elements of time, space, energy and relationships between people. It is an embodied, collaborative, creative and highly nuanced way of knowing and being in knowing the world. Dance requires people to come together to create, develop, rework, rehearse and perform. Moving together in unison, dancing with a partner, and teaching dance through demonstration and physical touch are all fundamental aspects of dance practice and pedagogy.

Dance should be taught and performed in designated spaces which provide optimal flooring, air quality and temperature, and sufficient room for a wide range of movements to be executed safely.

Unfortunately, the current physical distancing rules mean it is not possible to work in groups, nor is it possible to access our regular dance classrooms and performance spaces.

Dancers, teachers and students will not be served well by avoiding dance or movement during these difficult times. Teachers and dancers will need to find ways to creatively and safely keep themselves and their students moving and dancing in the limited spaces available to them at home.

To support our members and the dance sector, Ausdance Victoria has compiled links to videos, lessons, tools and reliable information which, together, may support the teaching of dance online. In providing this resource, Ausdance stresses that online teaching is a temporary measure. We look forward to returning as soon as is possible, to best practise teaching and learning. That is, face to face dance training by qualified and experienced dance teachers, instructing and supporting developing dancers, in a well-equipped dance space, in the company of other dancers. Nothing replaces the power and effectiveness of teaching and learning dance in live contexts.

Dr Katrina Rank  
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Ausdance Victoria



## DEFINITIONS DIFFERENT MODALITIES OF ONLINE CLASSES

**Live Stream:** transmit or receive live video and audio coverage of (an event) over the Internet.

**Pre-recorded:** to record beforehand or in advance. To record (a radio show, television program, etc.) prior to an actual broadcast or showing.

**Webcasts:** A webcast is a type of web conferencing that involves a one-way transmission and is non-interactive. The host presents information via an audio and/or video stream over the internet and may use screen sharing to present visual aids like power point presentations or slide packs, and videos or documents. Each participant connects to [the host's webcast](#) via a link provided by the host using their desktop computer, laptop or mobile device.

**Webinar:** is a type of web conference that allows for collaboration and interaction between a presenter or host and their audience. [Webinars](#) enable the host to give an interactive presentation, where two-way communication is possible between all participants via live chat, whiteboard or other embedded [features](#).

**Learning Management Systems:** is a software application for the administration, documentation, tracking, reporting, and delivery of educational courses, training programs, or learning and development programs.



## LEGAL & DUTY OR CARE CONSIDERATIONS

1. Discuss your changed circumstances with your insurance company before committing to online classes and tutorials. Ensure you are covered with the change in your practice or business model.
2. All studios and schools must follow Health and Safety Principles. The policies you apply at your school or studio must be carried into your online classes.
  - a) Hazard identification and risk reduction processes must be clearly communicated. Make these clear and easy to follow for participants, parents and guardians.
  - b) Terms and conditions including [disclaimers, waivers and/or studio sign up documents](#) must align with what you currently have in the studio or school and be adapted to the change in tutorial space.
  - c) When moving, communicate your expectation that under 18 year olds are supervised. This is as much to do with being present to provide first aid should it be required, but also in managing cyber-security. You can set this up in online enrolment forms.
3. Set up rules for cyber safety.
  - a) Do not allow private links, such as Zoom invitations, to be shared beyond groups and monitor for breaches.

- b) Clearly articulate rules for recording sessions, such as Zoom. Participants over 18 years must consent to be recorded. If under 18, parents or guardians must give permission.
  - c) Articulate clear rules about participants recording or sharing sessions.
4. Zoom and other platforms - How do I ensure students are safe in an online environment?
- a) Set up your meeting so that only people who have registered can join that is, only your students.
  - b) Disable chat or restrict chat to "all can view". Don't allow one to one message in classes.
  - c) At the end of a class, end the meeting for everyone in the class at the same time, to avoid leaving students "alone" together.
  - d) Teachers should avoid being alone with Dance students: this includes private messaging, phone calls and any one to one conversation. If you need to talk to a student away from the rest of the class, make sure a parent or guardian is present.
  - e) Have a protocol in place for cancelling or rescheduling class if only one student turns up.
  - f) Make students aware they and their room can be seen by everyone in the class if their video is on. Be aware that this can open a person up to cyber bullying.
  - g) Students and teachers can use a "background" feature to replace real places with a generic screen - check the settings in your classroom software for how to do this
  - h) Allow students to attend without video view if they want more privacy.
  - i) Perform all the usual safe dance checks for spaces, surfaces, room temperature and air quality.
5. Consider copyright and your obligations.
6. You may need to pay royalties for music used in your classes: go to One Music Australia for more information.
7. If you are using syllabus materials and music such as RAD, ATOD etc, make sure you have permission from your dance society.
8. If you are creating original content, it is copyright to you – clearly communicate this with your participants.

## **MANAGING RISKS FOR RECORDED AND STREAMED CLASS**

Further online specific guidelines and information about assessing risk when delivering classes online can be found at [People Dancing UK](#).

Here is a short [video](#) message from People Dancing Director of Learning and freelance dance practitioner, Anna Leatherdale, on risk assessment and staying safe if delivering your work online.

Below are some of the more [useful and free tools](#) that you can use to do this work, along with some other links to practical resources that can help you right now.

## **PRACTICAL CONSIDERATIONS PLANNING AND DELIVERING ONLINE CLASSES**

- 1. Clearly articulate the level or standard the class is pitched for, particularly if working with new participants.
- 9. Ensure your class content is adapted to the space you and your dancers will be working in.

10. Provide clear advice about creating a suitable space for the session. How large a space is required? What sorts of surfaces are required? What sort of clothing is acceptable?
11. Ensure that your participants are thoroughly warm. You may have to do more than usual.
12. Clearly communicate clothing requirements at the beginning of each tutorial. Dress to avoid trip hazards, slip hazards, damage due to hard surfaces or surfaces that are overly sticky or have grip (some carpets).
13. Provide breaks. A water break is advisable.
14. Ensure a good cool down is incorporated into your tutorial.
15. Consider the possible repercussions of delivering practical classes where you cannot see all attendees or cannot see them well. In most teaching practice we look for and give corrections on alignment or performance of movement that may cause injury. Your instructions will need to be very clear, with as much safe dance advice as possible. These dancers are still in your duty of care.

### **PEDAGOGICAL (teaching principles, methods and theory) CONSIDERATIONS TEACHING A STREAMED CLASS (LIVE or PRE RECORDED)**

1. Streamed classes require a very different pedagogy
2. Teachers have the same duty of care in online spaces as they do in live spaces
3. Usually, a shorter class is better, even 20-30 minutes
4. Keep instructions simple and clear - even more so than usual
5. Give your instructions before attempting the activity with music
6. Consider keeping to known exercises and activities, just shift them a little for variety
7. Teaching new material in this space can be frustrating and may defeat some, as visuals can be poor and there can be time delays
8. If wanting to give individual feedback for solos or tasks, it may be best to schedule 10-15 minute face-to-face-zoom
9. Audio may be delayed if not coming through the computer that is doing/hosting the streaming.
10. Speaking over the music can cause interruptions in sound to participants.
11. Do not record your streamed class. There are serious privacy issues since everyone who took your Zoom class would be visible in perpetuity.

This next is from David Levanthal: "Front Facing movement is best translated over video, if you are facing sideways, be mindful that dependent on the camera angle, students may only see the side of your body closest to the camera fully. If you are facing the back, they can only see the back of your body"



## **SAFETY STATEMENTS PRIOR TO CLASSES**

Here are safe dance statements that teachers could either read at the beginning of any streamed class, or place in the invitation to a specific class. These will need to be adapted for your own context. Always check with your insurer about your own insurance cover.

### **FOR VIDEO**

*“Welcome to .....*

*These exercises are designed for at home practice. The instruction provided is general and not personal instruction.*

*Please make sure you have at least 2 meters clear space around you, that the floor is clear of any objects or spills, and the surface is appropriate to the style. Please wear appropriate footwear and clothing (here add footwear and clothing appropriate to the style) and that you can control the environment to a degree,*

*being mindful of the sudden appearance of pets or people. Ensure you are not close to any heat sources that may burn or scald you.*

*Try to set up your screen so that it is at, or close to, eye height, and near enough to see the instructor clearly. Ensure you have the volume set up so that you can hear the instructions.*

*Go at your own pace and take breaks when required. If an exercise or action causes sharp or sudden pain, stop immediately, apply first aid and advise an adult. Advise your teacher as soon as possible. Your actions are unsupervised by your teacher so please make your own judgements, as you know your own body better than anyone.*

*Please note that the material in this video is copyright and has not been approved for sharing, or for third party recordings.*

## **FOR LIVE STREAMED CLASSES**

*Welcome to your Live streamed class.*

*Do a roll call and welcome each person.*

*These exercises are designed for at home practice. The instruction provided is general and not personal instruction. Though I may be able to see you, it is not the same as in a live class, so you will have to take more than usual responsibility for the safety of your space and of your movements.*

*Please make sure you have at least two metres clear space around you, that the floor is clear of any objects or spills, and the surface is appropriate to .... (the style) and that you can control the environment to a degree, being mindful of the sudden appearance of pets or people. Ensure you are not close to any heat sources that may burn or scald you.*

*Try to set up your screen so that it is at, or close to, eye height, and near enough to see the instructor clearly. Ensure you have the volume set up so that you can hear the instructions.*

*Please wear appropriate footwear and clothing .... (describe footwear and clothing appropriate to the style). Go at your own pace and take breaks when required. If an exercise or action causes sharp or sudden pain, stop immediately, apply first aid and advise an adult. Advise your teacher as soon as possible. Your actions are unsupervised by your teacher so please make your own judgements, as you know your own body better than anyone.*

*Please note that the material in this video is copyright and has not been approved for sharing, or for third party recordings.*

## **RECOMMENDED READING**

[Ausdance Safe Dance® fact sheets](#)

[Australian guidelines for teaching dance](#)

[Ausdance Child safe dance practices](#)

[The Australian Council for Health, Physical Education and Recreation: Tip of the week](#)

[Fitness Australia: Covid-19 and the workplace full reference guide](#)

[Worksafe: Office wise guide to health and safety office handbook](#)

[Worksafe: Slips, trips and falls](#)

[Worksafe: Small Business](#)

[Worksafe: Young workers](#)

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