



## Disclaimer Form - Online DLAM class

- **My Baby is over 8 weeks of age (corrected for those born before EDD) and 7lbs or over in weight**
- **I have been given the all clear to take part in activity by my GP/Health Visitor etc and to my knowledge my baby is fit and well**

### Health & Safety

- Participants agree to abide by all rules and regulations of the class, instructions and health and safety information given by the instructor
- Participation shall be undertaken at the participants own risk and the instructor shall not be liable to the participant for any claims of injury, damage or causes of action to person or property arising out of or connected with participation in the classes
- I will ensure that all obstacles that may create a trip hazard will be cleared from my dance space
- Participants understand that all of the steps and movements are designed so they are simple to follow and carry out; but that you are still able to work at your own pace and take regular breaks where needed. So please stop If you feel dizzy, unwell or too hot
- Please wear suitable footwear that is supportive for exercise purposes.
- I confirm that I am responsible for the health & safety of myself and my baby during the class
- Please notify your instructor of any injuries or health issues that may affect you during class when you arrive
- I will make sure I regulate the heating of my own space

### Baby Wearing Safety

- I will listen to information given by the instructor before class, at the start of class and during around the safety details of babywearing
- Enable video cameras for the duration of class to allow for constant monitoring and feedback from theInstructor
- I have watched all videos and read information provided when booking on how to fit my carrier correctly and safely
- I agree to regularly check my baby throughout the class and when instructed by the instructor
- OWN CARRIER: I am aware to the best of my knowledge that the carrier or sling I am using has been safety tested and is from a reputable retailer (If you are unsure of this please ask your instructor and we can signpost you to the relevant information)
- Ensure yourself and your baby are wearing one layer of clothing, so not to overheat and that it is comfortable for movement

- You are not required to carry your baby for the whole of the class and If at any point you would like to put your baby in their pushchair or in the safe area please do so. But please note when dancing with them, they must be in the carrier.
- If you have a toddler/other child with you, please ensure that they dance at the front and to the side and that you ensure they do not create a trip hazard for yourself or any other participant.

**Advised**

- We allow 15 minutes before class to feed, change etc. But please feel free to do this during class as required.
- Please stay hydrated throughout the class.