

ENVIRONMENTAL SAFETY SCAN

Before you choose to participate in any fitness program at home, it's important to ensure that your environment is prepared and supports safe participation in the program.

- 1. Review the space that you will be participating.**
 - a. Do you have enough space to move around freely, without tripping or other hazards? (Ex. Rug edges, coffee tables etc.)
- 2. Do you have an appropriate chair?**
 - a. The chair should be solid on the ground, and not slip around should you need to use it for balance or support. Is there enough space around the chair for you to both sit in and stand behind it?
- 3. Do you have the appropriate shoes for the program?**
 - a. Even though you are participating inside, wearing supportive and well-fitting footwear is an important safety consideration. Ideally, close toed sneakers with a good sole work best.
- 4. Do you have everything you'll need close by (ex. equipment, water bottle, etc.)?**
 - a. Ensuring you have everything you'll need will limit any rushing around during the program which may increase your risk of injury.
- 5. Is your technology setup so the instructor can see you?**
 - a. To help support your safe participation it is our preference that our instructor can to see you through the program. If you have any questions on how to set this up, please speak to the Instructor/ CRD.

If at any point you experience any changes in your health that are of immediate concern, please let the instructor know immediately, and if needed please call 9-1-1 directly.

We expect these to be fun and engaging programs to keep everyone moving safely, but we want to ensure everyone has a positive experience! If you have any concerns before, throughout or after the program, please don't hesitate to reach out. We look forward to seeing you!