

Minimising the Risk for Your Online Zoom Pilates Sessions



We will always endeavour to make your Pilates sessions with us as fun and enjoyable as possible. Please help us by adhering to these simple guidelines.

Possible Hazards	What Might happen?	Measures to Help
Room preparation/ Manual handling	<ul style="list-style-type: none"> You may need to move furniture to allow enough space to work out. 	<ul style="list-style-type: none"> Please only lift and move items carefully and only when necessary. Please seek help if there are larger items of furniture to move. You should not attempt to lift objects that look too heavy to handle. Any small props (bands, weights etc) should be placed safely for use e.g. well out of the workout zone when not being used.
Room Temperature	<ul style="list-style-type: none"> There is a small risk that you may strain muscles more easily if the room is too cold or be uncomfortable if the room is too hot. 	<ul style="list-style-type: none"> Please wear appropriate clothing for your session- clothes with some "give" and that do not mask your alignment or movements, so it is easier to see you. Always join the session on time to complete the Preparation Phase: if you miss it for any reason please keep all movements small until you feel comfortable to progress on.
Slips/Trips/Falls	<ul style="list-style-type: none"> There can be a risk of injury if you trip over any objects (mats or personal property) or slip on spillages (drinking water is the only likely spillage). 	<ul style="list-style-type: none"> Your instructor is aware of these risks and will remind you about them with appropriate cueing. If you are identified as being at risk of falling e.g. via our health screening process- extra support of a chair or the wall will be suggested for stretches and balance exercises. You will be advised to check the proximity of personal items and advised to check for clear floor space.

		<ul style="list-style-type: none"> • Please immediately clean-up any spills. • Check there is sufficient lighting in your exercise zone.
Electrical appliances	<ul style="list-style-type: none"> • There is a small risk that you could get electrical shocks or burns from using faulty electrical equipment. Electrical faults can also lead to fires. 	<ul style="list-style-type: none"> • Please ensure that you check your electrical appliances regularly.
Fire	<ul style="list-style-type: none"> • If trapped, you could suffer injuries from smoke inhalation/burns. 	<ul style="list-style-type: none"> • Candles and incense should not be used whilst taking part in our sessions. • Your room exits should be free from blockages. • Please check your smoke alarm regularly.
Injury whilst exercising – muscle strain etc.	<ul style="list-style-type: none"> • There is a small risk that you could hurt yourself if you do not exercise appropriately for your own level of capability • You could aggravate existing health conditions e.g. back or joint complaints 	<ul style="list-style-type: none"> • Please follow our ongoing advice and take responsibility for your own movements and work at your own level of ability. • Please alert us to any existing medical information through pre-exercise health screening process and verbally update us of any changes. (or send an email!) • We will always guide you to work at an appropriate level and warn of any contraindications to keep you safe and comfortable. • We will demonstrate and cue the safe way to perform movements. • Please supply any additional I.C.E. (In Case of Emergency) contact information so we can assist from a distance should you feel unwell.

As with all exercise programs, you are advised to consult with a medical practitioner/GP before commencing any new fitness programs and to stop immediately and seek medical advice if you experience any discomfort or pain.

By performing any fitness exercises, you are performing them at your own risk.

Better Body Training Limited will not be responsible or liable for any injury or harm you sustain as a result of our fitness program, online fitness videos, or information shared on our website: www.betterbodytraining.com