

# LITTLE BIG DOTS

AT

**HOME**

## Safety Guidelines & Disclaimer

- Any person who participates in *Little Big Dots at Home* shall do so at their own risk. Dot Dot Dance are not liable for any injuries or damages.
- Participants are responsible for their own personal safety. Children must be accompanied by an adult at all times.
- Participants must ensure that their dance area is safe, suitable and free of hazards. We recommend that participant's wear comfortable clothing and remove socks where suitable.
- Participants should participate in a way that is right for them and their families. If participants feel pain or become unwell, please stop immediately.
- We encourage participants to adapt tasks to suit their personal needs - it's all about being creative!
- Stay hydrated: Have a drink of water at hand