

ONLINE CLASS TERMS & CONDITIONS

NICA SHORT COURSES

NICA's Short Course online circus classes have been designed for current Short Course participants who are familiar with and regularly attend circus training. Safety is NICA's highest priority and all possible care will be taken for your well-being before and during classes.

Participants must observe the recommended safety guidelines as detailed below and complete a warm-up before attempting classes. Participants must select age/skill appropriate classes, accept full responsibility for themselves once online sessions commence and adjust their practice according to their personal environment, individual limitations, medical conditions and injuries.

It is recommended that all participants have appropriate health insurance and ambulance cover and that an adult be present when children are participating.

In taking part in a NICA online class you have understood the terms above and choose to participate at your own risk.

Please contact the Short Courses team directly via shortcourses@nica.com.au to discuss any issues you may have.

CANCELLATION AND REFUNDS

Live classes may be cancelled due to unforeseen circumstances, technical issues, trainer illness or injury. In the event of a class cancellation, participants will be notified and the class rescheduled. If a participant withdraws or cannot attend for any reason, access to the recorded version of the applicable class/es will be provided following the event.

SAFETY TIPS FOR TRAINING AT HOME

The following checklist will help prepare your home environment for training to help reduce the risk of injury and get the most out of your participation in NICA Short Courses online classes.

Your space:

- Floor space – 3m x 3m is ideal for an adult, 2m x 2m for a child.
- Floor surface – Wear suitable footwear for the surface you are working on
- Move your furniture – Remove coffee tables, TV's and any other hard furniture from around you.
- Look up – Can you jump up or swing your arms without hitting a light fitting or the ceiling?

Self-care:

- Warm up – Always complete a warm up before participating in a class. Separate warm ups will be scheduled each day.
- Be safe – Do not attempt skills that you might need spotting assistance with, or skills that you are unsure of performing safely and confidently.
- Stick to your skill & fitness level – Consider any injuries you may have and your current fitness level and adjust the activities accordingly.
- Stop and rest – particularly if you are sore, fatigued or feeling dizzy or unwell.
- Clothing – wear close fitting clothing that is easy to move in.
- Stay hydrated – have a water bottle close by.

PARTICIPATION IN LIVE CLASSES ON ZOOM

Zoom classes are accessible only through registration and admission is managed and monitored by NICA representatives.

Safety and privacy:

NICA recommends the video is turned off for all child and teen participants, in addition to any adults who do not wish to be visible. If the class involves interaction with the NICA trainer, for example checks regarding specific skills, participants will be asked to turn on their video as necessary to demonstrate to the trainer.

All Zoom classes will be recorded by NICA and may be posted on NICA online platforms. The trainer's screen will be pinned as the session commences to reduce the incidence of participants being featured. If a session is to be posted publicly, steps will be taken to edit or obscure visuals other than the trainer as is feasible and appropriate.

Zoom Tips & Checks:

- If possible, connect your device to your TV monitor for best viewing
- Choose *Speaker View* so you're able to see the instructor in full screen mode
- *Pin* the instructor's video to ensure they stay front and centre during the class
- *Mute* your microphone when the class is ready to start
- Turn off your video (*Stop Video*) if there will not be feedback and you prefer not to be seen
- When feedback is being offered, position your mobile phone, iPad, or laptop well back so you are fully visible to the trainer
- Ensure the name on your video screen is the participant's name. For children and teens, it is recommended to include only a first name and initial e.g. Jane D.
- There may be a few minutes after the class for a general follow up for those who wish to stay online to talk to the trainer. For your privacy, any questions that pertain to you personally should be sent via email to shortcourses@nica.com.au