

STARPIC Zoom Session

Do's and Don'ts



Do



Don't

- Have the screen in a way that the coach can see what you are doing
 - Wear comfortable clothes with hair tied back and earrings out
 - Go to the toilet before the sessions start and have a drink next to you
 - Focus on the dance corrections that the coach is giving you
 - Show the coach things you have been working on or fun things you have been doing, either at the start or the end of the zoom call
 - Work your hardest
 - Only do skills you have been asked to do, do not put yourself at risk by trying something new!
 - Ask questions if you are confused on the exercise, so you are doing the right thing
 - HAVE FUN!!!
- Turn off the video or mute yourself
 - Do extra skills while you are waiting for others to finish
 - Have any distractions while doing the session e.g. toys or electronics
 - Go away from the camera without saying to your coach
 - Ask the coach questions while they are explaining, wait until they have finished so the rest of the group can hear both you and the coach
 - Do the dance / exercises too close to the camera, move back and turn to the side so the coach can see what you are doing well