

Stanford Health Care Supportive Care Program

Virtual Class Safety Guide

Here are safety guidelines for our virtual exercise or movement classes:

- Many of our classes can be done on a yoga or padded mat on a flat surface. If you take a class with a partner in the same space, make sure there is at least a 6x6 foot space for each of you.
 - If you have limited indoor space, outdoor space can be used. Outdoor space should be flat and smooth. A surface that is not flat or smooth may not be safe and could cause injury.
- Remove any items that may cause you to fall or trip during class such as throw or area rugs, step stools, coffee tables, stacks of magazines, and toys.
- Make sure your exercise area has good lighting. This helps the teacher see you so that they can give guidance. Good lighting also helps reduce your risk of falls.
- A sturdy chair is useful for balance or rest breaks during class. For some of our classes you may need to sit in a chair to do the activities. Choose a chair that is stable and will not tip over. Put the chair in a safe place to avoid trips or falls.
- Dress in casual, comfortable clothes. Wear loose clothes so that you can move with ease. Gym shoes with laces or non-skid socks are best. Sandals or slip-on shoes can increase the risk of falls.
- We recommend rest breaks during class. If you feel tired, fatigued or unsteady during class, please rest. It is ok to take a break during class and rest a few minutes. Do not push yourself too far. Our teachers understand.
- Have water nearby so that you stay hydrated. Do not drink alcohol before, during, and after class. Alcohol can cause dehydration and increase fatigue.
- Have a caregiver attend the class with you if you need help doing thing like getting down on the floor and back up again, or standing up from a seating position.
- In case of emergency, we need your current address and emergency contact information when you register for the Zoom class. We need this information to help keep you safe.

If you fell within the last 30 days or have questions about using assistive devices during class, please call our program line to speak with one of our supportive care nurses.