Safe Home Exercise Checklist

Please read the following exercise class safety information carefully. If you have any questions, please email **BRONAGH** at bronagh.conroy@ul.ie

- Ensure you have a safe, adequate space to complete your exercise class. Remove any trip hazards, obstacles or pets.
- Ensure you place your computer device on a stable surface and turn the camera on.
- Ensure you have a stable, supportive chair on level floor for doing your exercises and for resting.
- Wear supportive, comfortable shoes.
- Ensure you are feeling well and hydrated. Have a drink of water close by and pause for a drink at any stage during the class.
- Open a window to ensure there is plenty of fresh air.
- If you are exercising alone, it is a good idea to have a phone nearby in case you need to call for help.
- Please listen to the physio instructions rather than watching what other people are doing. Exercises will be tailored to your ability.
- STOP exercising immediately and inform the physio if you experience any of the following: **chest pain, dizziness or feeling faint, extreme shortness of breath, pain or discomfort.**
- If you need to go out to the toilet let the physio know rather than disappearing off camera. Do not be afraid to interrupt us.
- With exercise there are some risks. You may feel sore the next day after strengthening exercises. We will advise you to do the exercise differently if needed. Listen to your own body and adapt to your needs. Please ask the physio if unsure of any exercise technique.

We look forward to seeing you in class!