

Preparing for The International Practice Camp, Teen Edition

We are so happy to have you join us! Below you'll find information on what to be aware of and how to prepare for your time at The International Practice Camp, Teen Edition (which we'll call IPC Teens for the rest of this document). Both the Teen Musician (called Musician or Participant) and a Parent or Guardian should read and sign this, and send us a signed copy.

Practice space:

Please ensure that there is a quiet space for the Musician to practice in. Ideally this would not be in their bedroom, but if it is please make sure that the space is tidy and has room for a yoga mat and what they need for their instrument practice. We encourage a parent or adult to be home for the duration of IPC Teens.

Equipment to have at hand:

- A fully charged PC, laptop or tablet with a working camera
- All the musical equipment that the Musician will need
- 2-3 different pieces of music to focus on
- Notebook to write in
- Yoga mat
- Water bottle

Zoom:

IPC Teens will run via Zoom. The link will be sent out to the Parent or Guardian's email one day in advance of the course starting. The Musician should log on through the Parent or Guardian's account.

Ideally participants should use a laptop, PC or tablet rather than a phone. Please update Zoom to the latest version, and enable the High-Fidelity music mode under the Original Sound for Musicians tab in the Zoom Settings. You can find information on how to do this here:

<https://support.zoom.us/hc/en-us/articles/360046244692>

Sessions may be recorded to be sent out to students who are unable to attend. These will be stored securely and deleted 48 hours after they are sent out. Please tick here if you **do not** want to be included in recordings _____

Zoom Breakout Rooms:

We use Zoom Breakout Rooms to connect our Musicians in small groups as they each do their own Spark Practice. We encourage videos to be on, and sound should be off. One Musician in each group will be the Time Keeper, announcing when to switch for each Spark Practice Block and when to take breaks.

Media:

We may take photos for promotional purposes. These will be stored securely in a password protected folder on Google Drive. Please tick here if you **do not** want to be included in any photos _____

Phones:

Unless used as a practice aid during Spark Practice sessions, mobile phones should be switched to silent and put out of sight during all the sessions of IPC Teens, to be checked only during the breaks.

Yoga:

Yoga is a gentle form of exercise with many benefits. As with any exercise, it is wise to consult the Musician's physician before participating. Musicians should wear comfortable clothing which allows for a range of movement. We will do everything we can to ensure that our participants are taught in a safe and effective way, but the Musician is responsible for their own body and moving within their own unique range of motion. *Our participants are always welcome and encouraged to stop or skip any yoga exercise at any point, and resume if and when they feel able.*

The participant is welcome to have their video on or off during yoga sessions, or to switch as they go. If they choose to have their video off, they will not be able to receive potential alignment

suggestions from the yoga teacher. To preserve the privacy of other participants involved, the participant should practice yoga in a room on their own.

- Does the Musician have any current or prior injuries, aches and pains, medical conditions or concerns which you feel are necessary for us to know about in relation to practicing yoga?

- As unlikely as injuries and accidents are, IPC Teens are not liable for any injuries, accidents or damage which may occur from participating. Please tick below to confirm you accept this:

Musician's confirmation_____ Parent or Guardian confirmation_____

Code of Conduct:

The IPC Teens is a safe and supportive environment, and all are welcome. Bullying or harassing of any form are prohibited, and the participant will be removed from IPC Teens immediately and without refund. Taking screenshots or photos of other participants or sending inappropriate content is also prohibited.

Teen Musician's Agreement:

- I agree to come with an open mind
- I agree to use supportive language with myself and my peers
- I agree to keep my phone on silent and avoid social media until breaks

I have read and understand the above requirements:

Participant_____

Parent or guardian_____