



Welcome! Hybrid Kangatraining FAQ

To help you get the most out of your hybrid Kangatraining experience, please read the following information before attending your first class. If you have any queries, please contact Kato via the details below. Changes in COVID-19 restrictions override these terms.

What is Kangatraining?

Kangatraining is the ultimate postnatal workout with your baby. Kangatraining is a complete low intensity, low impact workout during which both cardiovascular endurance/fitness and muscular capacity/strength are enhanced. Unlike traditional exercise classes, new mums need not worry about finding a babysitter or minding an unsettled baby during class because the babies are worn on them and get to be part of the action!



The pelvic floor and abdominal muscles as well as correct posture are given special attention. Kangatrainers are also trained in babywearing best practices and can help mums ensure the safest and most comfortable carrying positions for their babies. As well as the physical benefits, the opportunity to meet other local mums in a fun, relaxed environment boosts emotional wellbeing.

What is involved in a Kangatraining class?

The class structure involves a warmup, floor work, four choreographies, arm and leg work, pelvic floor exercises and stretching. The class is an hour in duration but can take a little longer if there are lots of carriers to be fitted and new participants in the group, so we'll see how we go and I may modify the class slightly to fit to the timeframe.

When can I start Kangatraining?

You can begin Kangatraining once you have been given the "all clear" from your health professional to resume exercising postpartum. This can be anywhere from 6-10 weeks for a vaginal birth or from 12 weeks following a caesarean section. To ensure your health and safety, your Kangatrainer will request the following so that they may modify the exercises in the workout for you:

- Ask you to complete a health questionnaire to highlight any concerns and demonstrate GP clearance (you will be unable to participate in Kangatraining without these)
- All new participants will be offered the opportunity to have their abdominal separation assessed. If you do not wish for this to occur, please let me know. With virtual attendees, we are able to support you to assess your own abdominal muscles.



Kangatraining is unfortunately not suitable while you are pregnant; please advise your instructor should you become pregnant during term. You and your new joey will be welcomed back to Kangatraining classes with open arms when you return after the birth!

What do I bring to a Kangatraining class?

- You must have completed and returned the health questionnaire and waiver to attend class
- A suitable baby carrier, if you have one (see below for more information)
- A yoga mat. Due to hygiene considerations, these will no longer be available to borrow
- A thin, light scarf of sufficient length to wrap around your tummy and hold onto the ends
- A towel for yourself and a blanket for smaller bubs to lie on during floor exercises
- Your baby bag, including a spare nappy and wipes
- Water bottle
- Comfortable workout clothes. Shoes are optional but sneakers are great!
- Dress baby in light clothing appropriate for weather and exercising in a carrier
- Snacks, toys and other useful items if you are bringing an older child

To attend a virtual Kangatraining class, you will need:

- A smart phone, laptop or computer with video camera. Your Kangatraining instructor will need to be able to see you and what you are doing – and vice versa.
- Decent internet connection
- Access to the Zoom videoconferencing program – please note we have taken all measures to ensure the security of our connection and Zoom room
- Your usual Kanga supplies - Kanga suitable baby carrier, yoga mat, water

Please ensure that you remove anything that may impede your safety and comfort during the session:

- Ensure you have adequate space to kanga, including for floor work and choreography
- Restrain any pets that may run about your feet
- Move any mats, toys, chairs, cushions or other object that may become an obstruction
- Allocate any toddler Joeys a safe zone to play away from your feet
- If you are not wearing your baby, please ensure they are safely within reach of you
- Ensure enough airflow or temperature control as you need
- Set up your environment so that you can easily see your screen and hear the session
- You may choose to do this outdoors if you can meet safety requirements

A copy of a safety inspection form to assist you in this process can be provided on request.

What baby carrier is suitable for Kangatraining?

Several different types of carriers are suitable for Kangatraining, including soft structured carriers (e.g., Manduca, Ergo, Boba, Tula, Kinderpack, etc.), Mei Dais, and Woven Wraps (provided that these are used in carries that distribute weight evenly across the body). All carriers must meet T.I.C.K.S. and S.A.F.E. guidelines for safe babywearing and must support baby from knee to knee. Babies can be worn on your back or front, so long as their head is not high enough to bump your chin.



You may bring your own baby carrier, but it must be approved by your Kangatrainer before it can be used in class. Instructors reserve the right to refuse participation for any carrier deemed unsuitable for the session.

Please note: Ring slings, stretchy wraps, narrow based carriers, and outward facing carriers are not suitable for Kangatraining.

What if I don't have a baby carrier or my baby carrier isn't suitable?

We have a limited number of baby carriers available to borrow in class - please pre-book carriers to avoid disappointment. Each hire carrier will be washed and inspected by your instructor prior to your use. Your instructor will assist you to fit the hire baby carrier and demonstrate its features. At this stage the carriers are free to borrow.

Unfortunately, hire carriers are not available to virtual participants. There may be exceptions made for existing participants to borrow carriers for virtual classes, this will be discussed with those eligible.

You do not need to wear your baby at all to enjoy the benefits of Kanga, please don't wear your baby if you do not feel comfortable doing so. They will still love the music and watching you dance!

We can also assist you to purchase a carrier from a range of optimal options at a reduced price if you wish, including fitting and ongoing support during class.

What time should I arrive at the venue?

Please aim to arrive 15 minutes before your first scheduled in-person class to allow time to settle in and setup. Your Kangatraining Instructor will be in touch to meet with you via Zoom prior to your first virtual class. This will involve a 15-minute discussion to review your health questionnaire, answer any of your questions and facilitate a carrier fitting. This is to provide optimal support for you and your child's safety during virtual classes.

If you are breastfeeding, it's a good idea to feed your baby beforehand for your own comfort. This also helps your baby to be calm and relaxed for the duration of the class. Don't worry if your baby is due for a nap around the same time as your scheduled class; I can almost guarantee that the music, movement, and proximity will result in your baby being asleep by the end of the class!

Is there a place for my baby when not in the carrier?

All Kangas are responsible for keeping their baby within reach at all times; your baby must remain either on your yoga mat or in your own area once the floorwork is completed. Babies should not be on the floor unattended at any time. If, during the session, your baby becomes unsettled or needs to be changed, or if you feel that you need to take time out for whatever reason, please do so in the designated 'safe' area that you have set up at your setting for this purpose.



Who can come along to a Kangatraining class?

Older children are more than welcome at Kangatraining classes however please ensure they do not become a tripping hazard for you or others. Please note that this may change depending on COVID-19 restrictions that may arise. All virtual participants will be muted during the class, so any noise at your end will not be a distraction for others.

Please take what care you need for the supervision and wellbeing of your children. We recommend that you bring some books and/or toys to occupy them during class; however, you may find that they are more interested in joining in with the Kanga fun!

Kangatraining is safe and beneficial for anyone, and for this reason we also welcome dads, grandparents, aunties, uncles, friends, non-birth parents... Anyone who can safely wear a baby! And even then, wearing a baby is not essential. Please join in regardless of whether you will be wearing a baby. All that is required is a completed health questionnaire and waiver for all participants.

What are the class fees?

The following fee options are available, regardless of whether attending in-person or virtually:

- Outdoor pop-up class = \$10 per class (seasonal)
- Trial class = \$10 for your first class (FREE for members of Kununurra Neighbourhood House)
- Casual Pass = \$20 per single class thereafter
- Half Term Pass* = \$52.50 (1x class per week up to 3 classes = \$17.50 per session)
- Term Pass* = \$90 (1x class per week up to 6 classes = \$15 per session)
- Maxi Term Pass* = \$150 (2x classes per week up to 12 classes = \$12.50 per session)

Term pass extensions for additional classes within specified term are available as follows:

- Half Term Pass* extension = \$15 per additional class beyond initial 3 sessions
- Term Pass* extension = \$12.50 per additional class beyond initial 6 sessions
- Maxi Term Pass* extension = \$10.00 per additional class beyond initial 12 sessions

*Kanga term is six (6) weeks duration with 12 classes in total available, plus one additional week and two (2) classes available for makeups (see next session re make up classes). Term Pass fees must be paid in full before first class and are valid for the specified Kanga term only. Excludes any "pop-up" classes that may be arranged with short notice.

Thank you for your understanding and support of your local small businesses!

An invoice will be emailed to you for payment. Payment via bank transfer prior to first class is required, EFTPOS and cash are not available; please use invoice number as reference. Bank details:

Kate I Matthews
Bankwest
BSB: 302-162
Acct: 1333804

How are cancellations and make up classes managed?

As a Mum myself, I understand that 'life' can sometimes get in the way of your plans, especially given the unusual circumstances we find ourselves in! If you are unwell or injured please do not attend a

session, rest and recover and we will see you when you are better. Where possible, please provide at least two (2) hours' notice if you are unable to make it to your scheduled class.

There will be a maximum of one (1) make up class for Term 3, which may be taken up on an alternative day or during the extra week/s of classes added at the end of term for this purpose.

Make ups can only be taken within the duration of Term 3 and will only be granted where a minimum of two (2) hours' notice is given. Class passes are not transferable, and no refunds will be given in any circumstances, excepting if you become pregnant during the Term 3 period.

Where do I join you to Kanga?

Term 3 venues: Kununurra Neighbourhood House, 7 Chestnut Avenue, Kununurra WA 6743

Your home! Your garden! Your balcony! Your verandah!

Please respect the venues' rules and belongings and leave everything in a tidy manner. Please take all dirty nappies with you for your own disposal. Neither the venue nor I take responsibility for the loss or damage of your property, so please refrain from bringing valuables with you, including leaving such items in your car.

Zoom and vimeo links, passwords, and access are all limited to registered and paid clients only. These are not to be shared to anyone, whether they are a registered Kangatraining Kununurra participant or not. Sessions are subject to copyright.

VERY IMPORTANT DISCLAIMER: PLEASE READ BEFORE VIRTUAL CLASS PARTICIPATION

You should understand that when participating in any exercise or dance program, there is the possibility of physical injury.

If you engage in any of our online or virtual choreographed routines, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Kangatraining Kununurra for any and all claims or causes of action, known or unknown, arising out of Kangatraining Kununurra negligence.

If wearing your baby, it is solely your responsibility to ensure the carrier is optimal, correctly fitted and safe for the activity you are partaking in.

Who can I contact to ask questions?

If you have any questions or concerns, please don't hesitate to contact me, Kato Matthews, via:

- Facebook message @KangatrainingKununurra
- email kato@sproutandme.com.au
- SMS/phone 0438 908 073

We look forward to seeing you and your KangaJoey at your first class!

Kato and Morrison xx

Let's Kanga!