



Virtual Training Guide

We are pleased to offer both virtual group classes and virtual private options as a convenient training option for our students! Follow the guide below when setting up your training space to ensure a positive and safe experience.

Safety

Please make sure to change the name of your zoom account for the participant in class, if we do not recognize you, you will not be admitted.

Training Space

Participants must have an open area of **at least 6x6 feet** to train in. Multiple participants using the same area will require more space. Be prepared to temporarily move furniture to allow free and safe movement.

Floor Surface

Padded or carpeted floors are preferred for training. If you have a wood or other hard floor, have a yoga mat available for floor exercises. Make sure your training surface is not wet or slippery. Don't wear socks that may slip or slide while kicking. Also, be cautious of loose area rugs that may shift during training.

Device

Zoom supports video conferencing through a variety of devices, but we strongly recommend that you use a device with a large screen to be able to view the class from a distance.

Audio

Participants must enable their microphones during training and be prepared to speak, count and kihap out loud. Wireless headphones are recommended to minimize distractions.

Video

Participants must enable their cameras during training. You may need to tilt or adjust your camera to get an optimal view of your training area. For example: during floor exercises, please tilt your camera down so the instructor(s) can properly monitor you.

Viewing Options

We recommend that you use the **gallery view** option during class to be able to view your classmates. If you have a smaller screen or if the class is exceptionally large, you can also use the **speaker view** option.

Uniform Requirements

We require all participants to wear their proper uniforms and belts during virtual training. These sessions should be treated with the same respect as classes conducted in the physical studio. However, we understand that there may be special circumstances where you may not have your uniform. In these cases, comfortable athletic clothing is acceptable.

Troubleshooting

If you experience technical issues during a session, try to leave the meeting and then rejoin. We're also happy to assist you with configuring/optimizing your virtual setup. Just contact us at info@allrisema.com for help!