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## SFA TRAINING CLUB - ATTENDEE GUIDELINES

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### Session Rules & Regulations

- ✚ Instructions for joining the session:
  - Please click on the Zoom link shared in the SMS & EMAIL 15 mins prior to the session.
- ✚ Dress code: T-shirt and Track pants
- ✚ Must haves: Yoga mat.
- ✚ Log in and be present 10 mins prior to the session time.
- ✚ Discipline, decorum, decent language, and good behaviour must be maintained during the session by all the participants.
- ✚ Keep your camera at angle and distance to which the whole image of the participant can be seen on the screen for better evaluations by the coach.
- ✚ Do not keep artificial background feature on. Coach cannot see the student clearly in this mode.
- ✚ The username of the participant should be his/her name and not the parent's name. It will help us to identify the participants better.
- ✚ Parents or guardians can be around for the first session only, to help the participant with the connections & sound etc and not later to avoid distraction.
- ✚ The participants should/can at any point of time inform the coach/s regarding any pre or during session injury or discomfort with any exercise. The coach can then help the participant accordingly with changes in the exercise or to stop training for that time for some rest.
- ✚ As the participants will be on mute for most of the sessions to avoid any surrounding disturbance, the participants must follow a few hand signs to reply to the coach when asked, eg. a thumbs up



- I understand (thumbs up)



- Any queries (raise hand)



- I do not understand (thumbs down)