

Virtual Physical Activity Training Best Practices

Safety and Etiquette

-  Ensure activities are compliant with current federal and local social distancing orders and advice.
-  Wear clothing and safety gear appropriate to the activity being conducted that is well covered and does not allow for accidental exposure. Avoid branding/logos other than your own.
-  Do not use profane language, obscene gestures, display materials or pictures derogatory to gender, race, color, religion, creed, sexual orientation, national origin, ancestry, age, disability, political beliefs, appearance or ethnicity.
-  Do not be under the influence of any substance, including drinking alcohol, smoking cigarettes and e-cigarettes on screen
-  Do not offer activities that may pose higher risk, for example: climbing, construction, parkour, and other extreme activities.
-  Do not use the training program as an opportunity to fundraise or speak about causes other than healthy physical activity for people with disabilities
-  Password protect your event when using zoom and other platforms to reduce the risk of hacking. Events on zoom can be simultaneously streamed on facebook and Instagram.

Training and Activity

-  Ensure instructor(s) delivering virtual training is qualified to teach in the activity, just as those would be qualified to host in person trainings and programs.
-  Provide a brief introduction at the beginning of session to include: instructor name, organization and experience. Keep to 60 seconds or less.
-  Include a warm up and cool down
-  Set goals and timing for the session at the beginning as well as safety recommendations, such as taking breaks when needed and not pushing beyond personal limits
-  Make the focus on physical activity and ensure an appropriate pace of exercise
-  Incorporate [universal design principles](#). Demonstrate adaptations for different abilities, including for seated individuals (with varying trunk control), those with amputation(s), and others. Be as descriptive as possible for those with visual impairments. If a training is not suitable for certain demographics, please relay in advance so that promotional materials can reflect this. Consider having 2 instructors demonstrate different modifications (2 presenters on split screen).
-  Offer activities that can be done with a relatively low risk factor, for example: strength and conditioning, meditation, yoga, stationary cycling, wheeling on rollers, and that can be replicated at home without having to purchase specialized equipment.

Audio Visual

-  Practice and record training prior to going live to ensure a clear, concise and organized event
-  Ideally have a designated person who can solicit live feedback and interaction from your audience through commenting, questions, polling activities, etc. Ask attendees to leave cameras on if they would like feedback during the session.
-  Consider the best environment for audio and check what is in the background of your room and screen.
-  Ensure that the room has good lighting. If the room is too bright or too dark people will not be able to see what you're doing.
-  Avoid using music as without appropriate licenses (Facebook/Instagram may take down videos with music). A spotify playlist may be shared with the audience.
-  Plug your device into an outlet for optimal performance and good wifi strength