



If you are participating in an online live event as part of the Health & Wellbeing Festival, please make sure you read the below:

- Read the description of the session to decide whether the session is right for you. Please only attend if the session is appropriate for you.
- The session is not tailored to any specific needs
- The session is designed for guidance, motivation and educational purpose only
- No information should be taken as medical or professional health advice. Please follow up with session providers afterwards to find out more about where to get this and visit our signposting section.
- You are responsible for ensuring they have appropriate space, facilities and practical support as needed
- You are responsible for ensuring that any equipment they use for the activity is suitable and sufficient

To make these sessions the best experience that they can possibly be, we ask that all participants follow the points below whilst taking part in each class:

- If you haven't already, make sure you check if you need to sign up or register for your session or if you have all the information you need.
- Before entering each class, you will be asked if you would like to turn your camera on. It would be great if you can turn on your camera, as this means our instructors can interact with you and give some advice around technique etc (but you can keep this off if it makes you feel more comfortable).
- Please ensure you keep your mic muted throughout the entire class, unless it is before a class starts, it is after the class finishes or the instructors ask you to turn them on.
- Ensure you maximise the screen for the best video size.
- If the signal gets poor, please turn off your camera. This reduces the amount of data being downloaded and should improve your signal.
- If you have questions or problems during the class, please use the chat box and our instructors / staff will try to help you as soon as possible. Do not turn on your mic and talk if the class is still taking place.
- Be confident in your home IT network
- Use your full name for registration on Zoom, so it is clear who is present at the meeting/or when joining the meeting
- Use the 'Raise a Hand' feature to attract the attention of the host



- Ensure no private or confidential items are on display in the room where you are situated
- Earphones, or headsets may remove external noise or distortion

We hope you love these sessions. We are offering these for free, so please give the speakers and instructors as much support as you can.