

# ONLINE AERIAL WORKSHOPS

Tips to create the best experience with online learning



# PREPARATION FOR ZOOM SESSIONS

- Make sure your computer or device is plugged in or charged fully.
- Have your water and snacks close by.
- Test zoom in your space to see if you have any issues with WiFi freezing, dropping, etc...
- Connectivity tips: reboot modem and computer before each session or connect to the internet directly through an ethernet cable, if possible.
- Experiment with the best camera angle so that you can be seen, and that the full height of your apparatus is in view. Try to avoid backlight. Wear clothes that contrast to your surroundings.
- If you are in an outdoor setting, make sure your device is in a shady area so it doesn't overheat. If there is no shady area within a good line of sight from your apparatus, you may have to create a shade structure with an umbrella or something similar.
- We highly recommend setting up an ergonomically friendly system. Place your laptop or device on a surface where you don't need to crouch to see the screen, as you will be going back and forth between watching the screen and getting on the equipment.
- Make sure you can hear your device when you're on the equipment. The most common ways to arrange this is to connect to a speaker or wireless earbuds.
- You're welcome take videos of yourself doing the skills with a secondary device.
- Make sure you have a well stocked first aid kit within reach of your work spaces.

# HOUSEKEEPING NOTES

- Doors open 15 minutes before the training to give time for people to settle in and make sure we begin on time.
- The session will begin promptly.
- Unless you are the one speaking please have yourself on mute to help with background noise.
- We will be recording all of the sessions and we will be providing a playback of the workshop only to registered participants.
- During parts of the workshop, we will be breaking up into small groups in different "breakout rooms" so that you have more individualized attention from each instructor.
- We encourage you to chime in and ask questions! You can use the chat, you can raise your hand (physically or virtually) or you can take yourself off mute to ask a question.

