

A woman with dark hair tied back, wearing a blue tank top, is smiling and holding a purple dumbbell. She is in a gym or fitness studio, with a mirror and a bed visible in the background. The image is overlaid with a large orange banner containing text.

CPD ONLINE LEARNER REQUIREMENTS

Everything you need to know



CREATING A SUITABLE ONLINE LEARNING ENVIRONMENT

In order to attend your practical CPD online, you will need to ensure the following:

- You can access Zoom. [Check your system requirements here.](#)
- You have sufficient space as the Master Trainer must be able to **see you in full** when you are seated and standing in order to observe you properly. This means being at about 3-4 metres away from your laptop/screen. You can do a Zoom test [here](#). If you have any difficulty doing the Zoom test please contact us at least two weeks before the course date and we will arrange a test call with you.
- You have a safe exercise environment, so:
 - Remove clutter or furniture that could obstruct you.
 - Ensure the room is clear of pets.
- You must arrive promptly at the beginning of the day and be available and visible throughout the day.
- You must wear clothing and footwear that is suitable for exercise; **you will not be able to participate barefoot.**
- You have a resistance band.
- You will need an appropriate chair with a back. Office chairs are not suitable.
- You need to have a quiet space to attend where you won't be disturbed so you can give your full attention to learning and exercising.

Unfortunately, if we can't see you or ensure you can exercise safely, we cannot observe you. Therefore, our Master Trainer may ask you to leave the course and book another course which would incur costs.

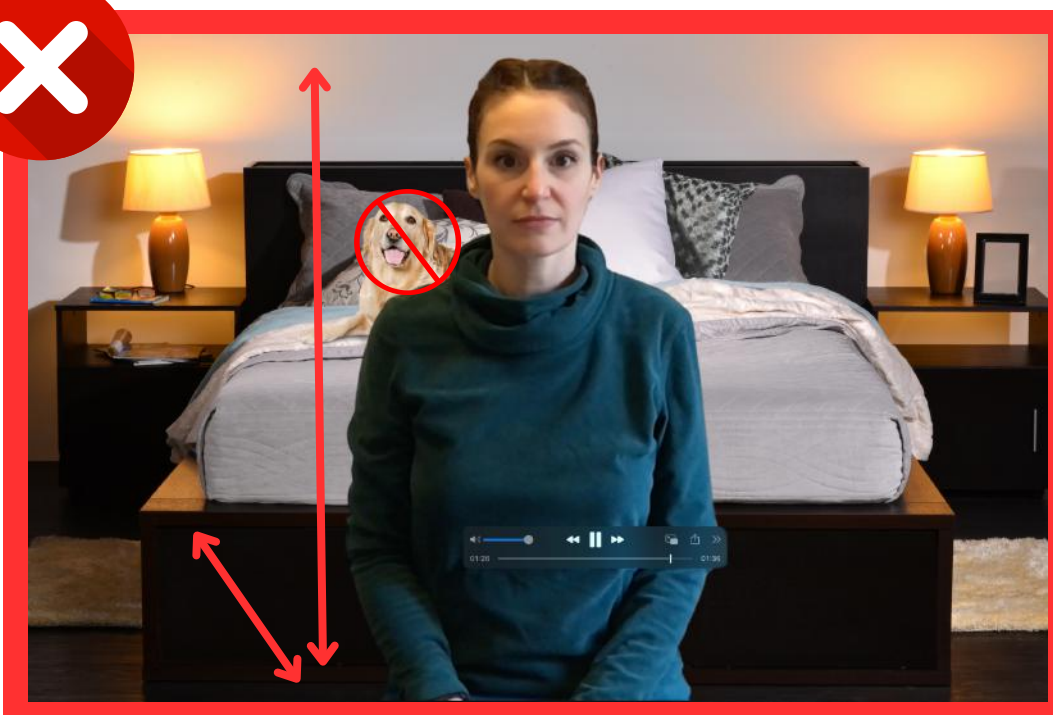
Move it or Lose it Team

Examples of what would and would not be acceptable.

The course Master Trainer must be able to see you in full when you are seated and standing. If we can't see you or ensure you can exercise safely, we cannot observe you. Therefore, our Master Trainer may ask you to leave the course and book another course which would incur costs.



- ✓ Learner can be seen from head to toe.
- ✓ The room is clear of furniture and pets.
- ✓ Appropriate chair for exercise.



- ✗ Learner cannot be seen from head to toe.
- ✗ The room is not clear of pets.
- ✗ There isn't sufficient space for the learner to exercise standing.