



Participant Handbook for Virtual Aerobic Table Tennis Sessions

Welcome to the Virtual Aerobic Table Tennis Sessions! To ensure a safe and enjoyable experience for everyone, please review the following safety guidelines and requirements.

Space Requirements

Sidestepping Area

- Ensure a minimum width of 10 feet for sidestepping movements. This space should be free from any obstacles to allow for safe lateral movement.
- Designate a clear area of at least 6 feet for practicing racket skills. This area should be separate from the sidestepping space to prevent collisions.

Clear Space

- Ensure that the entire workout area is free from furniture, equipment, or other obstacles that could cause tripping or injury.
- Regularly check the space before each session to maintain a clear environment.

Animal Safety

- Ensure that no animals are present in the workout area during the session, to keep pets in a separate room to avoid distractions and potential accidents.

Participant Safety

- Participants should wear suitable athletic clothing and footwear to prevent slips and falls.
- Have water available and to stay hydrated throughout the session.
- Have a first aid kit accessible in case of minor injuries.
- Have a way to contact someone in case of an emergency during the session.
- Encourage yourself to listen to your body and take breaks as needed.

Camera Positioning

- Ensure that the camera is positioned to capture the entire workout area, allowing for proper monitoring of movements.
- Conduct a technical check before each session to ensure that you can see and hear instructions clearly.

By adhering to these safety guidelines, we can create a secure and enjoyable environment for our virtual Aerobic Table Tennis sessions. Thank you for your cooperation, and we look forward to a great experience together!

