



Dear Member or Parent/Guardian,

Your privacy is very important to us, so while we navigate the virtual world Lakers would like to establish a few ground rules to ensure that you, the members and our instructors and everyone within these households are safe and comfortable.

1. Recording classes is not permitted under any circumstances.
2. Do not share passwords with anyone.
3. Be nice- remember that whatever you send from your keyboard or your phone is an extension of you.
4. Be mindful of the area you are exposing to the online world, a neutral background with some space to move around is ideal.
5. Wear appropriate clothes for the class, pyjamas are not allowed, please wear a tee-shirt and a tracksuit!
6. Try to create a safe space and privacy for the member in your care and for the other members involved in the virtual class, this could mean providing earphones if appropriate.
7. Limit other conversations going on, these are picked up on the microphone and everyone involved the zoom class can hear what is being said.
8. Please ensure that members are always supervised, you can do this from afar but please be available when you are needed.
9. Arrive on time, be logged in and ready for your class 5 minutes before it is due to start. Once a class has started the instructors will not be available to answer calls or texts.
10. Help others and be patient-we are all learning as we go.

We understand that some interruptions will be inevitable, where possible we have included a “support” staff for all online classes whom you can call if you have difficulties logging in and we will endeavour to assist you remotely.

These rules are very important if we are to continue offering fun, social, and interactive classes to you. They are also useful tips for us all to remember as our online world becomes our new usual:

By participating in any future virtual classes, we will consider that you agree to the above terms.

Lakers Social & Recreational Club Ltd. Registered No. 395399 Charity No. 15208

The Old Schoolhouse, Eglinton Rd, Bray, Co. Wicklow. A98P6X9, Ireland Tel: 01 202 2694 info@lakers.ie

www.lakers.ie

Directors: Fergus Finlay, Joe Kelly, Ian Daly, Christopher King, John Latchford, Elaine Lande, Brian O’Mahoney, Mark Woods, Breffni O’Neill, Brenda McGuirk, Michael Fitzpatrick, William Day



How to join a zoom class:

Register your interest through the Lakers Community at least 24 hours before the class is due to start. This will give us time to send you relevant ID codes and passwords for the class.

You need to download Zoom onto the device you are using, please read and be aware of the terms and conditions before agreeing.

Log in and follow the instructions to join a meeting, wait for your friends and have fun!

We are also updating our website and social media platforms with videos from instructors and we are sharing a lot of relevant information for members, parents and guardians so please check these regularly too.

Please be aware, if you watch videos on YouTube or Facebook, other videos from outside of Lakers may auto play at the end of our video. To prevent members from seeing videos that might be unsuitable, we ask that you shut down the video feed as soon as the class ends. We recommend parental supervision for children, and more vulnerable members. Lakers is only responsible for videos our staff post on our own Facebook and YouTube Channel.

We all miss you but really love to see the updates coming in, all at Lakers hope you and yours are keeping well and that you are enjoying what we have been able to offer so far. If anyone has any suggestions or ideas for us, please email info@lakers.ie

Best wishes,
Lakers Team

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