

# **RecSports Group Fitness Participant Guide**

## Group Fitness Attendance Procedures

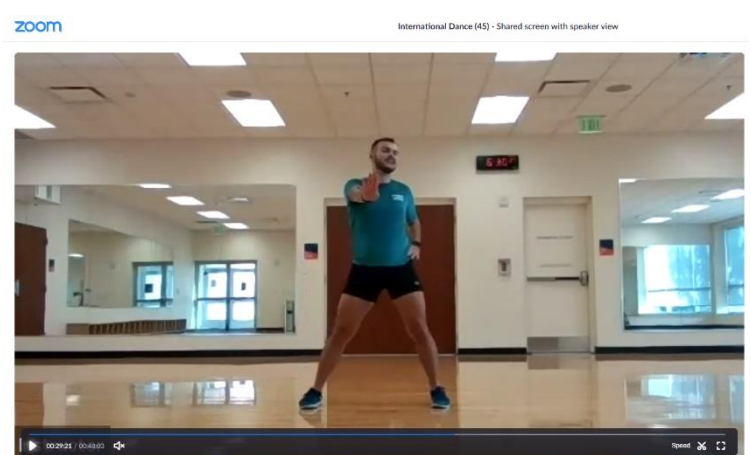
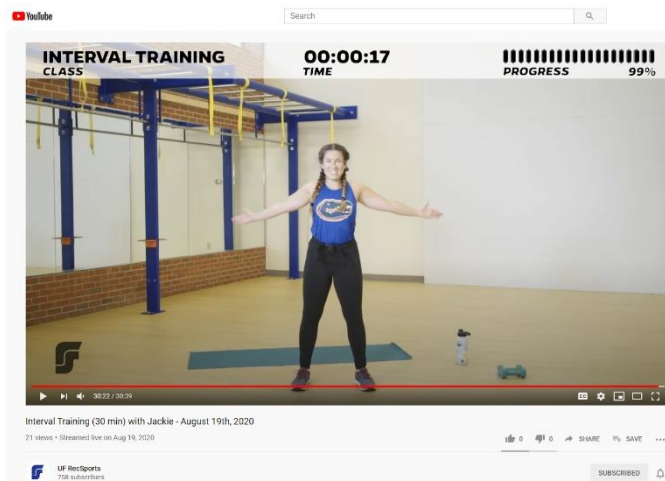
### Registration

1. Go to <https://recsports.ufl.edu/classes/> and click the class format and time you want to virtually attend.
  - Registration opens 7 days before each virtual class, and 25 hours before each in-person class. Registration closes 1 minute before class begins.
2. Click Register and log in using your Gator Link credentials.
3. Click Register again and then checkout to confirm registration.
4. Once you register, you will get an email with confirmation and a livestream link if the class is virtual.
  - Note for virtual classes: All dance classes will be hosted via Zoom, and all non-dance classes will be hosted via YouTube.

### Attending a Class

#### Virtual Classes

1. On the day of the class you have registered for, five minutes before class begins, use the link to access the livestream and enjoy your workout!
  - a. Note that dance classes will be hosted on Zoom, and non-dance classes will be hosted on YouTube (this is for music copyright reasons).
2. At the end of the class, be sure to fill out the survey in the livestream description to let us know your feedback!



In-Person Classes

1. On the day of the class, arrive to the location 15 minutes prior to the start time. **Make sure to go straight to the outdoor location and not to the RecSports facility.** Look for the RecSports Group Fitness sign at the location to ensure you are in the right place!

Southwest outdoor classes will take place on Softball Field 4. Check-in will also take place at this location. There is no need to arrive at the facility.



Student Rec outdoor classes will take place near the Sportshop by Ben Hill Griffin Stadium and class will likely occur near any of the following locations. Check-in will also take place at these locations (near Gate 12). There is no need to arrive at the facility.





2. You are required to wear a face covering during check-in and until you are physically distanced for the class; however, once the class begins, you may remove it.
3. Your temperature will be checked by the instructor upon arrival.
  - If a participant has a fever, they will not be able to participate.
4. Outdoor group fitness classes will not utilize any equipment, but please bring your own mat or towel for use during the class as well as a filled water bottle.
5. If you are taking the class as a standby participant, the instructor will wait until five minutes prior to the start time and check you in if there is space in the class.
6. Once you are checked in, make sure you are at least six feet from any other participant and enjoy the class!

### Important Information

Due to inclement weather, unfavorable field conditions, or instructor health, a Group Fitness class may be canceled at any time. All participants should be checking the Rainout Line up until point of check-in to stay informed on the status of a class.

- Downloading the Rainout Line:
  - i. Search 'rainoutline.com2017' in your app store
  - ii. Once downloaded, open the app and type in 'UF RecSports Cancellation Hotline'.



- iii. You will then be able to see that status of all RecSports programming, including Group Fitness
- iv. Toggle on the notifications bell to be notified each time the Rainout Line is updated for Group Fitness programming.

### Cancellation

Should you be unable to attend a class you have registered for, cancel your class by doing the following: Log in to Rsconnect > Click on name in top right corner-select "profile"> on left hand side, select "programs" > find class you wish to cancel and select "Cancel".