



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 attend.
 - Registration opens 25 hours before each in-person class and 7 days before each virtual 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.

In-Person Classes

On the day of the class, arrive to the location 15 minutes prior to the start time. 5 minutes before the start of class, any non-registered standby participants can be let in. If the class is full and you do not arrive prior to 5 minutes before the class, your spot could be forfeited to a standby participant.

Indoor Classes:

Indoor classes will be hosted in an activity room at either Southwest Recreation Center or Student Recreation Center. Be sure to double check the location you are registered for. Please be aware of updated procedures that are now in place due to COVID-19:

- Face coverings are always required when inside a RecSports facility. This includes before, during, and after a Group Fitness class. There are no exceptions to this policy.
 - Participants are encouraged to take breaks from exercise as needed to acclimate wearing a face covering during workouts.
 - Instructors will regress exercises as needed to accommodate for the challenges of wearing a face covering during exercise.
- Capacities in all Group Fitness classes will be lowered in order to allow for physical distancing between participants.
- Physical distancing (6+ ft.) of participants will be enforced at all times.
- Enhanced cleaning procedures are in place to ensure each room is thoroughly sanitized after each class.

Outdoor Classes:

Outdoor classes are hosted at one of three locations: [Broward Outdoor Complex](#), Southwest Recreation Center Softball Field 4 (see photo below), or near the [Gator Sports Shop](#) outside of Ben Hill Griffin Stadium.

Tips for success:

- 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!
- 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.
- Your temperature will be checked by the instructor upon arrival.
 - If a participant has a fever, they will not be able to participate.
- 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.
- 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.
- Once you are checked in, make sure you are at least six feet from any other participant and enjoy the class!

Southwest Softball Field Class Location



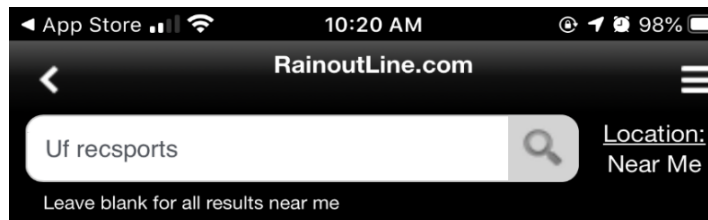
Student Rec Outdoor Check-In Location



Outdoor Class Cancellation 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 app until point of check-in to stay informed on the status of a class.

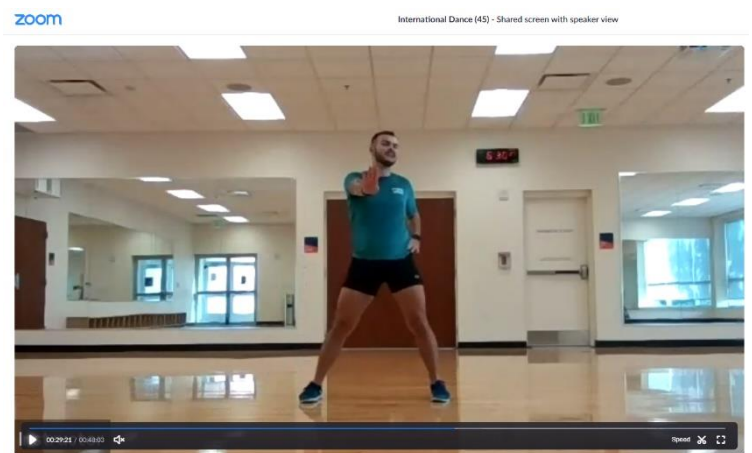
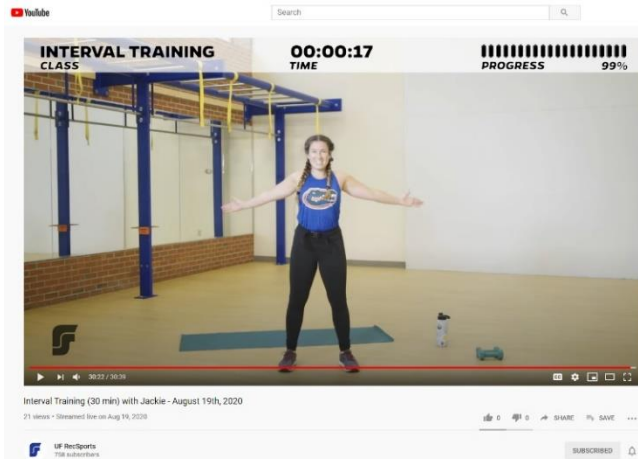
- Downloading the Rainout Line:
 - i. Search 'rainoutline.com2017' in the app store
 - ii. Once downloaded, open the app and type in 'UF RecSports Cancellation Hotline'.



- 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.

Virtual Classes

- To participate in a virtual Group Fitness class, simply use the link in the registration receipt email to access the livestream a few minutes before class and enjoy your workout!
 - Note that dance classes will be hosted on Zoom, and non-dance classes will be hosted on YouTube (this is for music copyright reasons).



Need to Cancel a Registration?

Should you be unable to attend a class you have registered for, you must cancel your registration *no less than 3 hours prior to the class*. 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".

If a participant fails to attend a class they registered for, does not arrive prior to 5 minutes before class and their spot is forfeited, or arrives after the start time of class, their attendance will be marked as a "no show" and they will receive a penalty warning.

- 1st Offense- Email notification
- 2nd Offense- Email notification
- 3rd+ Offense- Blocked from online registration for 5 business days.

Attendance records reset at the start of each semester.

Questions? Email RSgroupfitness@ufsa.ufl.edu