



Online Education Objectives & Expectations

Thank you for your interest in Merrithew™ Education. Please review the objectives and expectations outlined below, and sign this document before attending your online workshop/course/private session to ensure a clear understanding of the online session structure and goals.

Prerequisites

There are no pre-requisites for Merrithew workshops or online sessions, unless otherwise notified by the Training Center. All participants must have the equipment and props required for each online session they are registered for and have them available to be used during the session.

Prospective Pregnant, Injured or Post-Rehabilitation Participants

While it is considered safe and desirable to exercise during pregnancy and Pilates programs can be ideal in the recovery phase of injury, Merrithew courses, workshops and private sessions can be quite demanding physically, and have not been tailored for pregnant or injured participants or those in a post-rehabilitation phase. For this reason, we are not able to accept registrations from those who are knowingly pregnant or who are currently or recently injured. A major component of our courses is physical performance of all exercises. This necessitates that participants are injury-free, and able to participate fully, in order to fulfill this requirement. Under certain circumstances, permission to participate may be granted for select workshop titles from our Post-Rehabilitation, Pre- and Post-Natal, and Active for Life Specialty Tracks, please contact your local Training Center for more information.

Before the Online Session Begins

Workshop notes will be distributed to all paid participants by the Training Center prior to the online session starting. These workshop notes are property of Merrithew International Inc. and may not be shared, translated, duplicated or distributed for any reason.

In order to receive the most out of the online session, please ensure:

- Each participant has a computer or tablet large enough to be able to see the Instructor Trainer. Smart phones are not an appropriate option. Please ensure that the computer or tablet has a video camera or webcam attached as the Instructor Trainer needs to be able to see all participants during the session.
- Participants are dressed in clothes that will allow them to move and they will be required to physically participate in the online session.
- Set up an adequate and clean space to participate in the online session. This space should have enough room for the participant to move around freely. Depending on the content of the online session, participants may need more or less space.
- This space should have access to a strong internet connection, preferably landline connection. Please ensure the device being used for the session is plugged into an outlet to ensure it does not run out of battery.
- Participants should review the online instructions given by the Training Center, in advance of the online session. Participants may need to download the conferencing software that is being used prior to the session

During Online Session

All participants must log into the online video conferencing program designated by the Training Center at least ten (10) to fifteen (15) minutes before the start of the online session. This can ensure that the program, video and audio and internet is working. Any issues with login needs to be communicated to the Training Center immediately to avoid not receiving credit for completing the online workshop.

As there may be more than one participant in the session at a time, the Instructor Trainer may mute all participants to reduce background noise. The Instructor Trainer needs to be able to see all participants during the duration of the online session. Instructor Trainers may request that participants either write their questions and comments out in the chat field of the conference platform and regularly review questions when appropriate or regularly inquire if there are any questions versus waiting until the end to maintain the flow of the online session & get through all the material in the allotted time.

Participants are required to attend and participate at all times during all hours of the online session. It is essential that participants adhere to the online session times, including designated breaks. The Instructor Trainer will not be able to wait if participants are late from a break before proceeding with the online session.

Online Education Objectives & Expectations cont'd

Photography, Video, Audio and Screen Recording

Photography, audio and/or video recordings of any Merrithew course, workshop, or private session (including online education) being taught is strictly prohibited. The intent of this Merrithew Online Session is to enhance and develop each participant's own personal knowledge. This policy is to help us avoid any infringement on our intellectual property. Parties found to be recording the session in any way, will be asked to leave the online session and will not receive credit for completing the session or a refund of monies paid.

Post-Online Session

At the conclusion of each online session, participants will receive a letter of completion stating that they have fulfilled the training requirements and continuing education credits, if applicable, via email within three to four (3 -4) weeks. Participants who do not attend and/or participate during the session hours will not receive a letter of completion. A Training Evaluation will be sent to you to be filled out and completed after the online session. Your feedback is invaluable to help us continue to make the Merrithew Education experience better.

Liability Release

In consideration of being permitted to participate in Merrithew education, I agree to assume full responsibility for any risks, injuries or damages known or unknown, which I might incur as a result of participating in the session.

I understand and comply with the policies and guidelines presented in this document on merrithew.com/instructor-training/policies-and-procedures and understand my role as a Merrithew participant.