

Blue Creek School Group Exercise Zoom Protocol

- Notify the instructor by 4:00 the day of the class if you want to participate remotely.
- Follow the Zoom Meeting Invitation Link that the instructor sends via email 10-15 minutes prior to the class start time.
- You will be sent into a Zoom 'Waiting Room'.
- The instructor will allow you into the class from the waiting room.
- The 'Meeting' will be locked when class begins and no one else will be allowed in.