

GUIDE TO USING ZOOM FOR ONLINE PT COURSE

- When using Zoom please make sure you are doing so in a private location, with no other attendees unless agreed with your personal trainer.
- Please do not disclose any personal information including health and medical information on a group PT session, you can make an individual appointment with your PT for this.
- Please do not have any personal information visible during the session, for example bank statements, letters, address information.
- For the session to go ahead you must be able to enable your webcam and microphone please make sure these are turned on during the whole of the session so your trainer can communicate with you.
- Please switch all mobile devices to silent and where possible turn off during the session and respect other people's privacy, photos or video recordings of the session are strictly not permitted.
- All personal information collected by your Everybody Personal Trainer will be done so under GDPR and for the purpose of the PT sessions. Information will be accessed and stored securely during the time of the course and destroyed thereafter.

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