

## Code of Conduct for Participants (adults) taking part in online classes

### As a participant taking part in our online sessions we would like you to:

- ✓ Keep yourself safe by listening to the instructor
- ✓ Speak out when something isn't right and report any concerns to Get Berkshire Active
- ✓ Follow our online safety and top tips for taking part found on [this page](#)
- ✓ Not record any of the online sessions
- ✓ Not share the Zoom link to others without pre-registration to the sessions
- ✓ Speak to your GP or Healthcare professional if you have any health related concerns about taking part
- ✓ Choose if you would like your camera on or off for part or all of the class

### As the organiser of the activity we have the responsibility to:

- ✓ Not to record any of the online sessions
- ✓ Keep the online session safe (e.g. setting up a 'waiting room' for registered participants to join, avoiding sharing personal information etc)
- ✓ Report any safeguarding concerns to the local Safeguarding Board
- ✓ Carry out a risk assessment before the activity commences
- ✓ Use qualified instructors

### Useful links:

- For any concerns or questions please email: [info@getberkshireactive.org](mailto:info@getberkshireactive.org) or call Kirsty Heath: 07394564540.
- Safeguarding information and useful links: <https://getberkshireactive.org/safeguarding-adults>
- Rethink: <https://www.rethink.org/>
- Information, tips and resources for keeping safe: <https://www.anncrafttrust.org/safeguarding-and-the-coronavirus-info-tips-and-resources/>