

# Virtual Flight Guide

To ensure a positive experience for everyone please follow **Studio 2 Guidelines** and the below conditions before commencing a **Virtual Flight Session**.

1. Virtual sessions are different to our usual "LIVE" instructor lead classes whereas they are not supervised by a member of staff. They are scheduled to commence automatically according to the Group Fitness timetable. Please see our information on "What to do when participating in a Virtual session" available on our website and in Studio 2.
2. By participating in Virtual sessions, you are doing so at your own risk and are responsible for your own health and safety.
3. We do not recommend you attend a Virtual session if you are new to exercise, pregnant or have any pre-existing injuries.
4. It is recommended you are **a)** medically and physically fit and able to attend a Virtual session **b)** not a danger to yourself or to the health and safety of others; and **c)** not presently receiving treatment for any condition, illness, disorder or injury which would render it unsafe for you to use the facilities which would put other users of the facilities at risk.
5. We recommend you attend a minimum of three (3) "LIVE" instructor lead Stages Flight classes prior to attending a Virtual session to ensure you have a good understanding of bike set up, technique and knowledge of the Stages Flight program.
6. Ideally you will have a Stages Flight profile set with your own individual FTP (Functional Threshold Power) to take part in a Virtual session.
7. You will be required to register your attendance at Customer Service on arrival by collecting a ticket receipt before attending a Virtual session.
8. The projector screen is used for Virtual session and should already be down prior to session starting times and the session should commence automatically. If this is not the case, please see Customer Service for assistance.
9. The iPad found on the wall is for the use of session bookings only and must be used accordingly.
10. Fan and light switches are labelled in each studio and can be used where necessary.
11. An SOS alarm button is to be used in the case of an emergency, this can be found on the wall next to the light switches.
12. Emergency evacuation and first aid signs are found in the communication hub in Studio 2.