

AMA Online/video training guidelines

Video coaching (live or pre-recorded):-

Start of recorded message / online session must state by participating they are doing this at their own risk and must ensure they have adequate and non-slip floor space in which to participate & participant has no health concerns.

Following conditions will apply:-

- Check suitability to participate
- Check suitable flooring
- Training area must be fit for purpose with enough space to practice
- Forms only/non-contact/no weapons
- Existing members/participants only
- Instructor qualified to deliver activity conducted
- Instructor keeps record & recording of session
- Do not play any background music during the session