

Code of Conduct for online experiences

Instructions for the optimal online experience

- Please arrive on time or a few moments early.
- Microphones are set on mute when you arrive. If you go off mute to chat before a session, please be sure to mute during the session.

Creating a safe space

- Please do not share the Zoom link with anyone who has not registered for the session.
- You are welcome to turn off your camera at any point if you prefer not to be seen.
- For technological issues or questions, please send a chat message privately to the host or co-host for assistance.
- Individual recording of the session is not permissible.
- Screenshots including the participants are not permissible.
- If the Concussion Resource Center records a session, it will be in speaker view. That means that the video recording stays on the presenter, but should you speak or share during the session, your voice will be part of the recording. For questions that feel sensitive, please email or send a chat to the instructor directly after the session.
- Inappropriate behavior during a session will result in removal from the session by the host and could result in removal from future sessions. Inappropriate behavior could include verbal comments during the session or chats during or after the session.

How to have a great experience for Meditation and Yoga sessions.

- Make sure your computer or device is plugged in or well charged.
- Wear comfortable clothing.
- Prepare your environment in a way that feels good to you. Suggestions include, meditation cushion, pillow, chair, blanket, incense, candle, tea, coffee, or other beverage close by.
- Silence all devices and home phones.

For any questions, please reach out to us at concussionresourcecenter.org and we will be in contact with you.