

PROGRAM PROTOCOLS: EVENING ACTIVITIES

How to facilitate daily exercise

Daily exercise is an opportunity to do physical exercise as part of the Science of Health, and to interact with the community.

Roles

Staff ensure the students and space are ready. Staff ensure we start and end the program on time. Celeste is a member of the BLA community who will lead the evening exercise.

Prep

AM Announcements

- Remind students and staff what attire they need to bring to daily exercise. Water, sweat rag, workout clothes, and closed toed shoes.

7:20 Set up the room

- Cool it down with AC, Fans etc., and clear the space for Zumba.

7:25 Play Cue Song

- Exercise cannot begin until chores are complete.

Activity

7:25 Meet students in the classroom and begin the "Activity"

- Begin the "Activity" portion of the protocol.
- Ensure everyone has their gear.
- Count the number of people participating and record that number to tell IPM later.

- When a student is unable to participate because of illness/ injury. Communicate this with the IPM, who can stay with them.
- When the weather is bad or the students are generally over exhausted change the Daily Exercise, amendments will be made to accommodate weather/ energy etc.

End

8:05 End Activity

- Ask students to return the tables and chairs to their regular spots on the front patio and put the fans away.

8:10 Facilitate Bay Baths

- Allow students to take bay baths with at least 1 staff on shore per 8 students in the water. Ensure that students have at least 2 dive lights while in the water.
 - Students are required wear water shoes and swim wear.
 - If more than eight students enter the water, have student grab additional staff member.
- Give students 5 minutes warning that bedtime will start.

8:25 Give a 5-minute bedtime warning.

- Complete Clean Up.