When attending the online class, students should take note of the following points:

**Environment**
- Find a safe environment with adequate space for exercises;
- Maintain adequate distance with other people;
- Make sure the floor should be smooth and dry, and the indoor area should be kept well ventilated;
- Keep away from the potential danger items like glass windows, doors, tables, chairs, lights, fans, and sharp edges, etc. Install protection devices if necessary.

**Device**
- Check the internet to ensure the network is functioning properly;
- Turn on the camera during exercise for the teacher to check and see the environment to avoid any accidents from happening;
- Keep the microphone muted unless you need to speak.

**Self-management**
- Complete the online Physical Activity Readiness Questionnaire;
- Be on time to attend the online class;
- Wear appropriate sportswear;
- Be focus on the class, and pay attention to the instructions and demonstrations;
- Be respectful to each other and not interrupt others during the lesson;
- Do adequate warm-up/ cool-down exercises at the beginning/ the end of the class;
- Actively participate in the class activities;
- Stop and inform the teacher immediately when you are feeling unwell during exercise;
- Be mindful of your words and behaviors during the lesson;
- Drink water before/during/after the class for replenishment.