

Online SUP Yoga Instructor Training Checklist

Please consider the following resources when developing and presenting online content within your SUP Yoga instructor training program in order to provide a comprehensive high quality SUP Yoga instructor online training:

- ISYA safety standards
- ISYA code of conduct
- ISYA trainer's code of practice



The online SUP Yoga instructor training format is to include a blended approach of both online live sessions with the lead trainer and learning through online resources such as videos, training manual etc.



Create a clear curriculum mapping and plan for the learner. This includes lesson planning, personalized learning paths and assessment.



Create a support system for your students (Facebook groups, Q&A session, messaging system, group discussions) to enhance the learner's experience



Ensure you have a progress tracking system to manage the learner's engagement



Choose and familiarize yourself with your video conferencing platform of choice (Zoom for example)



Choose and familiarize yourself with a reliable file sharing platform to ensure all learning content is easily accessible for your students (Google Drive or Dropbox)



Test your set up & equipment - internet speed & wifi signal strength, laptop, phone, and paraphernalia (earbuds, microphones, charging cables).



Download all updates prior to the training and check compatibility with your set up.



Have your spares ready & organised!



Organise a test run with a friend or family member to test your set up in regards to audio, lightning, camera positioning etc.



Find a designated "tech person" to support you during your sessions