



Setting up virtual sessions

Getting your members on board

Contact all your members to see if they would be interested in attending regular branch sessions. Do use all your usual forms of communication including calling, emailing, texting etc. We have found some people just don't look at emails. Think about sharing responsibility for making contact across your committee or with other branch members.

Do highlight that we don't yet have any clear idea of when face to face sessions can be resumed and it will be good to keep on track with stretching as a NASS branch.

Think about organising a time for everyone to discuss the idea. You could try to organise a physical meet up so everyone can reconnect and have a chat or you could arrange an online chat.

Find out what people want from the sessions.

- How often should they run
- What day
- What time
- How long should they last (30 minutes seems popular)
- How much should they cost (you will need to cover the cost of your physiotherapist)

Lots of branches have elected to stay with the same time and day they would usually meet.

Explain they would be able to see the physiotherapist and the physiotherapist will be able to see them and correct them as usual. It should feel like attending in person.

Getting physiotherapists on board

To be covered by NASS insurance you do need someone to lead the session who is qualified to do so. Ideally this would be your branch physiotherapist.

Do contact your branch physiotherapist(s) to see if they would be willing to run a virtual session at your agreed time and day. Explain you are happy to pay your usual rate. Do be aware that some hospital trusts will not allow their staff to use some online conferencing platforms so don't make any final decision on platform until you have spoken with them.

If your usual physiotherapist (s) are unable to help, do ask them if they could recommend a physiotherapist to run the session. Physiotherapists will often leave the NHS and start a private practice and you may well get a recommendation for a great local physiotherapist.

If you can't find a physiotherapist to help then do get in contact with Sally (sally@nass.co.uk) or Garry (garry@nass.co.uk) who will help. Alternatively, ask your members if they take part in any great local sessions for Pilates, Tai Chi, yoga etc. You could invite the teacher to run a session for you.



Setting up an online session

Decide which platform you are going with – checking that your physiotherapist is happy with your choice. Lots of NASS branches have opted for Zoom and there is a separate document about getting started on Zoom and a platform called Jitsi.

Adapt our Guide to Taking part in online sessions for your branch (see separate guide). This will guide your members through getting set up. Do encourage them to ask family members or friends for help. It is quick and straightforward so shouldn't take up too much time. If someone doesn't have a laptop or iPad do ask if they have a smart phone as it's even easier to run these sessions through a smart phone.

If you do go with Zoom try the free version for a couple of sessions. It gives you unlimited meetings of up to 40 minutes in length. However, after that you may want to use your branch funds to buy Zoom Pro which costs £12 per month. This allows meetings to last much longer.

Running the session

The organiser should set up the Zoom session (see guide to setting up Zoom sessions).

Do use a password.

Do not publish the link and password on a public site (e.g. your Facebook page). It is best to email the link to your branch members. You could consider only emailing it to members who have paid in advance for the session.

Ideally don't use the same meeting link and password each week as this will weaken your security.

Give everyone a chance to have a chat before the physiotherapist joins to run the session.

Once the physiotherapist starts the session consider muting everyone. It will mean the 'speaker view' (i.e. the physiotherapist demonstrating the exercise) will be clearly visible throughout. Your choice though.

Once the session has ended you can all decide to stay online for a social time. Some branches just sit and chat, others have drinks – your choice. Some branch members may not be able to stretch but may be happy to join for a chat so having this time at the end makes it more sociable.