



Conducting Tai Chi for Health & Balance Outside

With warmer weather on the horizon, you may be contemplating moving your class to the great outdoors. Healthy Living for ME (HL4ME) has developed a list of best practices for your organization to consider before transitioning beyond the virtual and traditional four wall class room setting.

- Make sure you the area you choose is covered under your insurance
- If not utilizing your own property, check to see if a permit is required. If so, there may be a fee and a waiting period before you can use.
- Ensure that the space you are utilizing is flat. Even the most manicured lawns and parking lots have natural divots.
- Ensure there is a restroom on the property or have arrangements with a nearby business.
- Ask screening questions of each participant and take their temperature. If they do not meet the criteria, they must leave. (Subject to individual agency policies)
- Have participants bring their own lawn chairs. This not only provides a place to sit but something to hold onto for balance.
- Have several sturdy chairs available
- Provide water: A water cooler or couple of gallon jugs of water with cups. Encourage participants to bring their own water bottles.
- Before registering participants for the program, ask them if they are willing to meet outside. If so, encourage them to wear/bring sunglasses, hat, sunscreen, and bug spray.



- Encourage your participants to bring and wear masks until they are at least 6 feet apart. (Staff/Instructor: Should be the example)
- Have a station set up with hand sanitizer, bug spray, extra masks, tissues and hand sanitizer
- Bring your attendance roster along with emergency contact information
- Make sure you have the agency emergency plan protocol with you.
- Establish a back-up plan in case of inclement weather. Consider setting up a canopy.
- It is highly encouraged to have another leader or volunteer assist you.
- Measure spaces ahead of time, for social distancing purposes, at least 6 feet apart and mark accordingly with chalk (if tar) or use fluorescent ribbon tape to secure into the ground.
- Participants should wear loose clothing and sturdy shoes. No bare feet or open toed shoes allowed.
- Consider ZOOM or a livestream option in addition to being outside.