

Guidance for New Participants: Essential tips for Instructors

Prior to class: Send out a message & request all newcomers arrive 10 mins early for class & check in with you. This gives you the opportunity to show them the basics & get them started in the hoop.

You want to welcome new participants and help them to feel as comfortable and supported as possible in a new environment.

Things to say on arrival;

- In your first class you'll mainly be focussing on learning basic hula hooping technique & you'll be giving them loads of tips & advice to get hooping.
- Generally it can take 3/4 sessions to feel really comfortable with the basics.
- Reassure them that although you will be giving lots of different challenges during class, its fine to not do them & just focus on keeping the hoop spinning - that is their goal
- If the hoop falls down, don't worry, it doesn't matter! No-one is looking at you, they're too busy trying to keep their own hoop going. Pick it up & give it another spin.
- Mention that you have hoopers of all levels in your class; beginners to advanced to help them not feel intimidated by your regulars.
- Introduce the new arrival to a friendly regular to help them feel welcome in the community, e.g. "This is Lisa. Lisa has been coming for a year"

During class:

- Reminders that participants can try different challenges or stick with basic waist hooping - whatever works for them.
- Ensure to offer options for all abilities so you're catering to all different levels in your class.
- Keep giving pointers on technique if still needed.

After class:

- Ask new participants how they got on with the class & get some feedback.
- Say that each week is slightly different so they will build on their basic technique, learn new skills & get a fab workout.

