**Pre-recorded Video Assessment for YMCA Yin and Restorative Yoga CPD Course**

It is essential that you are fully prepared before any assessment takes place. This includes ensuring that both you and your clients are always safe and have agreed to the conditions of the planned practical session which will last for 30 minutes.

The summative practical assessment must take place in a suitable environment with a at least 1 participant. You and your participant must consider potential hazards and distractions when selecting a suitable space.

Before you video your practical Yoga session, we must ensure the session you will deliver is safe for both you and your participant, you must:

* Complete the two session plans in line with the guidance provided by your course tutor.
* Complete a location and environment risk assessment, detailing the environment/space where you will be delivering your session.
* Complete PAR Q’s and Video Consent for each of the participants. Electronic signatures will be accepted.

You must keep a copy of the above documents for future reference if requested by the YMCAfit Internal Quality Assurance Manager.

You will need to sign this Pre-recorded Video Assessment Agreement and email a copy to your course tutor before the last day of your course. Electronic signature will be accepted.

I confirm I have read the Pre-recorded Video Assessment Guidelines and will proceed to video my summative assessment adhering to all safety measures and guidance provided.

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| **Your signature: (Learner)** |  |
| **Date:** |  |