

WHAT IS IT?

A free, virtual after school activities plan for CDS students and families.

WHEN?

Please see the schedule below. This is a weekly schedule and will repeat every week until we go back to physical school.

WHO IS IT FOR?

Any CDS student and family that would like to stay connected to the Patriot Nation community.

HOW DO I ACCESS THESE ACTIVITIES?

Please see the calendar below, with the Zoom link included, for each planned activity. All you have to do is click the link at the time of the activity and join Zoom. It's free! Each activity will be recorded and after the live event, will be added to a CDS Members Only video library for access.

HOW DOES IT WORK?

For Participants:

- Check out the schedule of virtual activities listed on our password protected website page.
- Determine which you would like to participate in. (You do not have to be part of the club or sport that the activity is being hosted by.)
- Download the zoom app to your phone, ipad, computer, etc. before the scheduled activity
- At the scheduled time of activity, click the link in the schedule to join the zoom meeting.
- The organizer (activity leader) will be the only one with audio. You can send chat messages during the activity to the group or just individuals. Having your video camera on is optional.
- Enjoy the activity!

For Activity Leaders:

- Nicki Ragan (nragan@carrollwooddayschool.org) will assign you a date and time for your activity (*if you can not make your scheduled activity time, please let Nicki Ragan know 1 day in advance*)
- Log into your scheduled virtual activity 15 minutes before the activity is set to start to familiarize yourself with the zoom space. At this point, Nicki Ragan will change hosting abilities to you.
- 5 minutes before your virtual activity, press "record meeting" on your zoom
- Upon completion of your activity, take a screenshot of your group and then end the meeting.
- At this point your recording will save as an mp4 file. Save the screenshot and video on your computer using the below titles.
 - Screenshots - ActivityFirstNameLastInitialDate (ex: PhotographyNickiR3.24.20)
 - Video - ActivityVFirstNameLastInitialDate (ex: PhotographyVNickiR3.24.20)
- Upload the screenshot and video to [THIS FOLDER](#).
- All leaders of activities will get community service hours.

RULES AND GUIDELINES

- Only the leader of the activity should record the activity. All activities will be recorded and available for the entire CDS community.
- Please be aware that while logging into the live activities serves as consent to be recorded as well as images to be pulled for the official CDS social media sites, individual participants should not screenshot and share on social media any images from activities without explicit consent from participants to do so.
- CDS appropriate behaviour extends to these virtual activities. As we will be recording all activities, there will be disciplinary action taken for any participants who use inappropriate behaviour, language, text on chats.
- These activities are being created for the CDS community. Please do not share the password to the activities library with anyone outside the CDS community.

CALENDAR OF ACTIVITIES

RELEASE OF LIABILITY

All #CDSConnections virtual activities will be recorded. By logging into a live zoom activity, you are confirming that you are ok being a part of the recording. If you would like to participate live but do not want to be on video, please cover your video camera. Additionally, being that this program was designed to connect our community, all participants should conform to Carrollwood Day School appropriate language and behaviour. As all activities will be recorded, each will be reviewed for CDSA behaviour. If a participant is found to be acting outside CDSA behaviour, they will be banned from participating in any virtual activities, as well as have possible disciplinary consequences.

By participating in any/all of the #CDSConnections virtual activities, either live or via recorded session, participants recognize that there may be inherent risks associated with some of the activities (particularly any of the exercise programs). Participant(s) will assume full responsibility for personal injury and further release and discharge Carrollwood Day School for injury and/or damage that may arise.