

Session Chair Room Set-up

1. Place chairs in a staggered row configuration
2. 2 - 4 rows as needed
3. 6 - 8 chairs per row as space allows
4. Use sturdy upright chairs (with armrests if available)
5. Min. 3 ft. distance between chairs side to side
6. Min. 6 ft. distance between chairs side to side for social distancing
7. Min. 3 ft. distance between chairs front to back
8. Min. 6 ft. distance between chairs front to back for social distancing
9. Max. 10 ft. distance from projector or television screen to the first row

The staggered row chair set-up has several benefits:

1) It allows for ample space between participants when utilizing arm and leg movements.

2) It also allows for easy movement to the back or side of the chair for standing exercises.

3) It allows for a less obstructed sight line to the facilitator and the television or projector screen.

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