

IAFC 2019

Rejuvenate & Educate

IAFC 2019 FAQs

Will there be an orientation for IAFC 2019?

IAFC will provide morning and afternoon On-Site Welcome Meetings on Monday, May 6. Check your inbox for the RSVP email and meeting selections.

Do I need to register on-site when I get to IAFC?

Yes, you must register on-site at IAFC registration prior to attending any pre-conference sessions or IAFC general sessions. IAFC Registration is open daily. Sunday, May 5 you can register from 4:00p-6:00p and Monday all day from 7:00a-6:00p. See the Conference Vitals for the full IAFC Registration schedule.

Do I get CECs for all the sessions I attend at IAFC?

You will receive AEA CECs for all the sessions you attend. ATRI, ACE, AFAA and NASM all provide CECs for lectures, workshops and labs. When tracking your AEA CECs do NOT list every conference session, simply enter the Conference Course Number and the TOTAL CECs earned.

How do I get the Session Outlines?

AEA will provide the link to download and or print the session handouts. Session handouts are only available until May 31, 2019. Printed session handouts are NOT provided at IAFC: if you want a copy to use during your sessions, please plan to bring your own printed copies.

Is the conference schedule posted?

There are schedule boards located at the Plaza Hotel and Daytona State College. In addition, you will pick up your **Schedule at a Glance** when you register on-site at IAFC. Check the schedule boards from time to time should a change happen.

Do I need to wear my name badge and delegate wristband?

YES! **You must wear both your NAME BADGE & WRISTBAND at all times** throughout IAFC. If you lose your name badge or wristband the replacement cost is about \$1,000,000.00. 😊

How do I get into meals?

Your Name Badge and Delegate Wristband provide the door monitors all they need to approve your access. If you do NOT have your badge, please do NOT even get in line for food. Simply go back to your hotel room and return with your Name Badge. Remember, your IAFC Delegate bracelet can't come off until you leave IAFC 2019.

What's the best type of apparel for IAFC?

You want to be comfortable and in your favorite fitness apparel and or nice casual clothing. A few extra bathing suits and or aquatic apparel garments, in addition to land and water fitness shoes, are essential to IAFC. No land sessions and or beach walks will permit entry without appropriate shoes.

What should I wear to lectures?

Again, your favorite comfy stuff, fitness and or casual clothes. Meeting room temperatures may vary, be prepared with a cover-up (sweatshirt, light jacket or long sleeve t-shirt.)

What should I wear to Land2Water (L2W), Labs (LAB) or Land Workshops (LWS)?

Athletic apparel and athletic sneakers are a must for ALL sessions in Plaza C and all Beach Walks or Beach Fitness Functions. **NO Exceptions! No Sneakers-No Session Entry!**

Shoes ARE REQUIRED for all land sessions that have a practical component. Wear comfortable workout attire and think about layering as rooms may be either hot or cold!

Going in/out buildings

Remember, meeting rooms and interior buildings tend to run cool and the Plaza Pool deck with winds off the Atlantic Ocean are also a little cool at times, plan accordingly with a sweatshirt, hoodie or long sleeves and pants. The temperatures are well maintained at the College indoor pool and the Gym.

Where do I change clothes between sessions?

It is recommended to come to the sessions prepared with your bathing suit underneath your cover-up or fitness wear. There is a 30-minute break between pool and lecture times for all aquatic workshops, so you do have time to head back to your room and change clothes if you prefer. If you are hanging out at the college for your next session, there is a locker room available for changing as well.

Where do I get on the shuttle bus to Daytona State College?

Right outside the hotel lobby doors. All Shuttle Busses will pick up directly in front of the Plaza Hotel.

How do the Shuttles to/from Daytona State College work?

- **Starting Each Day after Wake Sessions**-Shuttles to College begin 45 minutes before the first session each day.
- **Session Switch Times**-Shuttles run simultaneously on a loop during the 30-minute switch times between general sessions.
- **Lunchtime Master Classes**-Shuttles run simultaneously on a loop during all lunch master classes.
- **End of Day/Last Session**-Final Shuttle will depart the College no later than 30 minutes after the last session.

Can I change at the College Pool?

Absolutely! There is a locker room available, but we still recommend you travel ready to go, regardless of your starting position in lecture or pool.

Are there lockers at the College Pool?

Yes, there are lockers (**you need to bring own your lock/key**) at the College Pool if you'd like to secure your personal belongings while in sessions at the College.

Where are the hotel rooms in relation to the Meeting Rooms and Hotel Pool?

All hotel rooms are within a few steps of the Hotel Pool and Meeting Rooms. With the exception of the dynamic College sessions, you are an elevator or few flights of stairs from your hotel rooms. There are 2 working elevators to the guest rooms. A third elevator is under construction and will not be ready for IAFC this year. We ask in advance that you be patient and understanding as ALL Hotel Guests are FELLOW Delegates, so there's no reason to get stressed out when you are waiting a few extra minutes for an elevator. Take a deep breath and relax or pump those quads and climb on up or down!

How do I get into the Pool or get Equipment for the Pool Portion of the session?

After verification of your name badge with session listings, you will be given your silicone bracelet to obtain the necessary pool equipment if the session uses equipment. The same bracelet allows you access to the pool.

Can I keep the silicone bracelets?

Yes, you can keep all of your silicone bracelets and you can choose to wear all of them. However, during any session, the specific session admittance bracelet must be worn on the opposite arm so that it is clearly visible by IAFC staff. The session admittance bracelet must be kept on throughout the entire session.

Are there towels available at IAFC?

Towels are provided but you must follow the system to obtain your pool or beach towels. Two (2) Towel Tokens will be issued to each Delegate and it is your responsibility to either have a towel or a token! Each lost token replacement fee is \$5.00; so, maintain your tokens for towels and towels for tokens. Friday night, at the party, turn in your 2 tokens and receive extra raffle tickets to increase your chances of winning great prizes and giveaways. Towel Stations are on the Plaza Pool Deck and in the IAFC Registration lobby.

Are water stations available?

Yes, drinking water is available at the Hotel Pool, Hotel Meeting Rooms, the College Pool and College Lecture room. H2OWear, AEA's Senior Sponsor, will provide reusable water bags for all attendees; limited cups may be available at select locations. Conserve and use your water bags as much as possible.

Should I bring sunscreen and a hat?

Yes. Even though we have one indoor pool and one outdoor pool, the sun is super strong on this property and we suggest wearing appropriate sun protection at all times. Walgreens is directly across the street if you prefer to purchase sunscreen after arriving in Daytona. Hats are available for purchase on site and directly across at many small shops and venues.

How do I get from the Hotel to the College Pool or Lecture Room?

The Shuttle Bus! Shuttles will run throughout the day, but it is recommended to get to your location and remain until the session block has completed its cycle (Lecture to Pool or Pool to Lecture) before returning back to the hotel.

How do I know when it's time to switch?

The **Schedule at a Glance** provides all the details on class locations, switch times, and times in pool versus in lecture for aquatic workshop specific formats. All Lectures and Labs or Land Workshops are at the Hotel. Aquatic Master Classes and Aquatic Workshops may be at the Hotel or at the College. The College Pool and Workshop Lecture room are located steps away from each other.

Can I skip sessions?

Sure, you can do whatever you wish. IAFC can be exhausting so it's OK to just chill in your room, catch some rays on the beach, have a glass of wine at the bar or enjoy a relaxation service at the spa!

What's the beach like in Daytona?

The beach is a hard-packed surface and the sand granules are rough. Again, it's recommended to always wear shoes when venturing off to the beach or for extended fitness walks along the shore.

Is Daytona safe?

Daytona is a safe city; however, it is always recommended that you travel in small groups and avoid venturing off after dark alone. Always let a friend, roommate or companion know where you are and plan your outings accordingly. Meet new friends and professional colleagues at IAFC's Meet & Greet Tuesday night to further enhance your week-long experience.

Are there restaurants and shopping nearby?

Yes. There are at least 20 restaurants of all styles and prices within a 2 to 15-minute walk from the Hotel. Additionally, Uber and Lyft are used extensively in Daytona and can provide you easy access to hundreds of restaurants and tourist destinations throughout Daytona.

Any restaurants or other “things to do” recommendations?

Absolutely! AEA’s staff recommends any venue at the Plaza Hotel. Service and food have been very good. The Oyster Pub is 1 block from the Hotel. The Taproom has great burgers and hand-cut fries and is about 3 blocks from the hotel. Bubba Gump Shrimp Company, World Famous Sloppy Joes and Mai Tai Bar are all located in the Ocean Walk 2 blocks South of the Plaza. Click here for more details: <http://www.oceanwalkshoppes.com/>

The Daytona Beach Pier and Joe’s Crab Shack are exactly a 1-mile walk down the beach. <https://www.daytonabeachboardwalk.com/>

Boardwalk Amusements, etc.

[https://www.daytonabeach.com/things-to-do/attractions/boardwalk-pier/?utm_source=bing&utm_medium=cpc&utm_campaign=Attractions&utm_term=the%20boardwalk%20daytona%20beach&utm_content=Boardwalk%20%26%20Pier%20\(S\)](https://www.daytonabeach.com/things-to-do/attractions/boardwalk-pier/?utm_source=bing&utm_medium=cpc&utm_campaign=Attractions&utm_term=the%20boardwalk%20daytona%20beach&utm_content=Boardwalk%20%26%20Pier%20(S))

Beach Street Historic District

Only 2 minutes away and right over the bridge; a fun little walk through funky boutiques and quaint coffee shops, ice cream and specialty shops. <https://see-daytonabeach.com/historic-downtown-daytona-beach/>

One Daytona-NEW & directly across from the Speedway

A quick Uber ride away...Super fun & hip place to go for a few hours, dinner or afternoon getaway. Click here for more details: <http://www.onedaytona.com/>

Tanger Outlets-NEW & Open

We know our international delegates love to shop and here’s a great place closer than Orlando! <https://www.tangeroutlet.com/daytona>

More restaurants?

Check out TripAdvisor for more great restaurants close to the Plaza. https://www.tripadvisor.com/RestaurantsNear-g34172-d84356-Plaza_Resort_Spa-Daytona_Beach_Florida.html

Too tired and don’t want to venture out?

There’s always Grub Hub! Download the app. Tons of stuff available in Daytona. <https://www.grubhub.com/>