

IAFC 2019

Rejuvenate & Educate

Welcome to IAFC 2019
Need to Know Information – Please Print or Download & Keep Handy

REGISTRATION

Upon arrival, Hotel Guests should check in providing hotel payment and photo identification. **If you are not staying on site at the Plaza Resort, please proceed to the IAFC Registration area for more assistance during the published registration hours below.**

IAFC On-Site Registration is located in the Conference Center of the Plaza Hotel. EVERYONE must register on site before attending any sessions, meals or functions! Check the hours below and register before your sessions begin!

At registration pick up your:

- **Name Badge** – indicates session & meal function numbers. Name Badges must be worn to all IAFC sessions & meal functions.
- **Wristband** – must be worn at all times during IAFC. No Exceptions! Do NOT remove.
- **Delegate Bag** includes the overall **Schedule at a Glance** – which explains where each session is located. Remember, Aquatic Workshops (AWS) may begin at a pool or at a session room. When arriving to each session – whether in the session room or at the pool – **you must check in with the IAFC Staff/Crew**, otherwise you may be asked to leave the session.

IAFC Registration Hours

5/5 Sunday 4:00p to 6:00p
5/6 Monday 7:00a to 6:00p
5/7 Tuesday 7:00a to 6:00p
5/8 Wednesday 7:00a to 5:30p
5/9 Thursday 7:00a to 5:30p
5/10 Friday 7:00a to 5:00p
5/11 Saturday 8:00a to 10:00a

The IAFC Marketplace

AEA's sponsors, affiliates and marketplace vendors will have booths set up in Plaza A & B offering everything fitness related! Convenient and affordable shopping and services for you!

Marketplace (Expo) Hours

5/7 Tuesday 6:00p to 8:00p-**Grand Opening**
5/8 Wednesday 11:30a to 2:30p
5/9 Thursday 11:30a to 2:30p
5/10 Friday 9:00a to 11:30a-**Last Chance Shopping**

Evaluations & CEC/CEU Procedures

Daily Evaluations – Daily Evaluation survey emails will be **sent to you for each day you attend**. Make sure to include your name on all evaluation surveys as it increases your chance to win great prizes from AEA and Sponsors. **Daily evaluations must be completed by May 27, 2019.**

IAFC Overall Evaluation will be emailed to you after IAFC and must be completed by May 27, 2019.

Certificate of Attendance – This will be issued **AFTER** completion of your daily Session Evaluations & the IAFC Overall Evaluation.

Earn AEA CECs/CEUs for all sessions you attend at IAFC! Even if you switch sessions or are accepted on a wait list, you can earn CECs/CEUs for most of the sessions you participate in! IAFC Workshops, Lectures & Labs are approved for AEA, ACE, AFAA, ATRI and NASM. For all other organizations, please follow petition procedures.

The IAFC CEC Form is issued AFTER you have completed your daily Session Evaluations and the IAFC Overall Evaluation. The CEC/CEU allocation grid can be viewed at the website IAFC page. AEA CECs are also earned for all master classes.

Evaluation Drawing-WIN BIG! We will pick a DAILY Winner for a FREE IAFC 2019 Full Conference Registration 24 hours after the day's evaluation is sent! Get back to your room and complete your evaluation quickly for your chance to win!

Tracking CECs is your responsibility. If you are AEA Certified, you can track your CECs online at the AEA website. AEA does not track CECs automatically. Your CEC form will have the details you need! Remember to only enter the total CECs earned and not individual sessions attended at IAFC! **List TOTAL CECs Only and the IAFC 2019 Course Number ONLY. Do NOT list each session you attended.**

MEALS & SOCIAL FUNCTIONS

Tuesday Evening Meet & Greet! The Meet & Greet will be in the Colonnade at the Plaza and on the Terrace. Meet and network with fellow delegates, sponsors, affiliates, and presenters. Light hors d'oeuvres and cash bar are available.

Select Meals are included for IAFC Conference Delegates and Registered Companions. All meals are held in the Colonnade area and seating is provided indoors and outside on the Terrace. Lunches are provided Tuesday through Thursday. Breakfast is provided on Friday morning. The Awards Dinner is provided Friday night. **No one will be admitted into any meal functions without a Name Badge AND Wristband or purchased meal ticket – no exceptions. Advanced Confirmation on all meals is A MUST!**

Global Awards – AEA presents Global Awards at IAFC to recognize those who have made significant contributions in aquatic fitness awareness. Presented Friday evening, the 2019 awards are: Award of Appreciation, Aquatic Fitness Professional and Contribution to the Aquatic Fitness Industry.

Friday Evening Dinner & Prohibition Party. We are celebrating the Roaring 20's and Prohibition, so wear your favorite attire from the era. Show your gangster or flapper attitude with feathers, pearls, glitzy headbands, flapper dresses, gloves, evening gloves, or pinstripes; the era provides for endless ideas. Enjoy a dinner buffet and cash bar, socialize with new and old friends, and then dance the night away in typical IAFC fashion with everyone's favorite DJ, Jason!

AWESOME AUCTION-WIN PRIZES & MAKE A DIFFERENCE IN THE LIVES OF OTHERS

Make a difference in our industry to help those that are less fortunate. The **Awesome Auction** provides a chance to "bid" on 4 Bundled Boxes this year (see what's available in advance in the Awesome Auction 2019 file at the IAFC page of the AEA website). Four bundled boxes, each valued between \$1,500.00 and \$1,900.00! Check them out and plan your bidding! Purchase tickets and drop them in the box of your choice. The more tickets you place in a specific auction box, the greater your chances of winning that item. Bidding boxes are located in the Marketplace.

The Awesome Auction Closes Thursday afternoon at 3:00pm. On Friday Morning, the winning numbers will be posted and announced at Friday's breakfast and dinner.

Awesome Auction Tickets: 1 Sheet of tickets for \$5.00 ~ BEST VALUE is 5 sheets for \$20.00.

IAFC SESSION INFORMATION

IAFC **session meeting rooms** are at the Plaza Hotel and Daytona State College.

IAFC Pools include the **Plaza Pool (outdoor pool)** and the **Daytona State College Pool (indoor pool)**. *AEA and the Plaza ask that you kindly refrain from any group or small group aquatic fitness or wellness activities that are not part of the week-long schedule offered by AEA. This allows for the off-session times to be recreational pool activities and not structured, or fitness intended.*

IAFC Sessions include the following formats:

- **Aquatic Workshop (AWS)** Both pool & lecture; some sessions start in the pool and some start in the session room. **Attend the lecture to ensure your position in the pool!**
- **Land Workshops (LWS), LAB (LAB) & L2W (Land2Water)** Sessions may include interaction, practical applications & educational discussion.
- **Lecture (LEC)** Session room theory delivered by some of the industry's top professionals.
- **Master Class (AMC/LMC) or WAKE (Early Morning Sessions Tue/Wed)** Practical applications only. **SHOES ARE REQUIRED FOR ALL LAND MOVEMENT SESSIONS.**
- **Product Demo (AMCX/Demo)** An opportunity to try out equipment, products and programming.

Again, the **Schedule at a Glance** lists where each session is located or begins. Remember Aquatic Workshops (AWS) may begin at a pool or in a session meeting room. Please read the Shuttle information to get to sessions at the College.

Session Outlines are NOT PROVIDED onsite! Please make sure **you download or print the handout/outlines for the sessions you have selected.** They are available until June 1 should you need to access them. Please use this link: <https://www.aeawave.com/IAFC/IAFCOutline.aspx>
Outline/Note Downloads: If an "X" is listed by the session, it was not made available by the presenter.

Shuttles. Important Information.

- **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.

Session Check In is required for all sessions. When arriving to each session – whether in the session room or at the pool – **you must check in with the IAFC Staff**, otherwise you may be asked to leave the session. **You will be given a color-coded bracelet for pool entry and/or equipment pick up that is specific to each class for which you are registered. You will not be able to enter the pool or obtain equipment without the appropriate bracelet.**

Session Changes & Sold Out Sessions – If you wish to change a session, we ask that you do so by going to your IAFC confirmation email and modify your registration **AT LEAST 24 HOURS IN ADVANCE OF THE SESSION TIME.** If you have trouble, please see an AEA Staff person to assist. You are permitted to observe most sessions from the deck or observation areas only if space permits. Some sessions may allow wait listing. Please check-in with Staff/Crew at the start location of the session.

Inclement Weather – If we experience thunder or lightning, pools will be evacuated, and you will be directed to the backup location. Presenters will be happy to share a “land-side” perspective of their session. You will be directed to your backup location by IAFC Staff and Crew members if needed.

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 Delegates 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.

Stay hydrated! Bring your water bottle or use your New H2O Water Bag included in your on-site welcome bag and drink plenty of water! Water stations and or coolers and cups are located at pools and in meeting room foyers. If you feel you are experiencing a heat-related illness, immediately notify IAFC Staff or Crew. Also keep your body fueled – have snacks on hand for between sessions.

Session Etiquette & Helpful Hints

- **Absolutely NO Live Streaming, Audio or Video Taping** during IAFC Sessions. NO form of Social Media Streaming is acceptable. These activities could forfeit your participation in IAFC.
- ALL cell phones must be turned off or set on silent; be courteous and do not text in the session room.
- There are no secure lockers to put your things, so please bring only what you will need for sessions. Your waterproof name badge is ideal for holding your badge and cash/credit card.
- If equipment is required for the class, staff members will direct, assist and distribute.
- If you are observing from the deck, do not disrupt the class/instructor by jumping into the pool.
- Session rooms may be cool, wear a cover up.
- Be prepared to take notes!
- No children are permitted in the classrooms during IAFC Sessions.

Overall IAFC Attire is casual. Bring plenty of swimsuits/athletic apparel or plan to purchase at the IAFC Marketplace. Bug repellent/bracelets, sunscreen and hats are extremely important. The conference center, session rooms, hallways, expo and guest rooms are often chilly, so you'll want to bring sweatshirts or cover-ups. ***Don't forget your Prohibition Party pieces!***

Aquatic shoes are highly recommended for all pool sessions. For your convenience, H2O Wear will have aquatic shoes available for purchase on Monday & Tuesday during IAFC registration hours. **Athletic shoes** are required for all interior land fitness/movement sessions unless the program is non-impact, such as a yoga program.

Plaza Apparel Requirement

The Plaza Hotel requires that a cover up and shoes are worn at all times when in the hotel Lobby, Foyer, Spa, Fitness Center, Restaurants, Lobby Bar & Restaurant and Conference Center.

Laundry room (washers and dryers with fee per use) are located on the first floor of the Plaza Hotel.