

Miqqut Participant Guidelines

Welcome to the Miqqut Program! We look forward to working and learning together. These participant guidelines will help us all be safe, organized, and comfortable.

1. Attendance
 - Participants will attend class every week day.
 - Leave a message at _____ if you are unable to attend class due to illness or family emergency.
2. Daily schedule
 - Class starts at 9:00 am every week day and ends at 3:00 pm.
 - We will take a break in the morning from 10:15 – 10:30 am.
 - Lunch break will be from 12:00 – 1:00 pm.
3. Stipend
 - All participants will receive \$20 per day.
 - This stipend will be paid every Friday at the end of the day.
 - If you miss a day of class for any reason, you will not be paid for that day.
 - If class is cancelled for any reason, you will still be paid for that day.
4. Being on time
 - We will start each day at 9:00 am with a group check-in. This is an important part of working together.
 - Arrive earlier if you want to get coffee or tea.
 - Being on time is about respecting ourselves, the instructors, and other learners. You'll feel better and we'll be able to work better together as a group. Let's support each other to stay motivated!
5. Smoking
 - We must not smoke on school grounds.
 - If you smoke, please walk across the parking lot to the arena.
6. Support
 - Please feel free to talk to any instructor or NLC at any time. We want you to feel comfortable, safe and welcome.
7. Working together
 - Learning new skills takes courage and energy. We must all work together to make our learning environment supportive.
 - We must be patient with ourselves and others.
 - If you see another participant having a tough day or feeling frustrated, please support them. We all need each other!

I agree to follow these guidelines.

Name _____

Signature _____

Date _____