

# ONLINE TRAINING PLATFORM.

A USER GUIDE ON HOW TO GET YOU STARTED.



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# HOW TO LOG IN TO YOUR TRAINING HUB.

This platform has been set up to allow all users to access training material designed by Escape Fitness. This guide is a simple step by step to get you onto the system and using the sections which are most relevant to you.

## EXISTING USERS TO LOG IN TO THE ONLINE TRAINING PLATFORM.

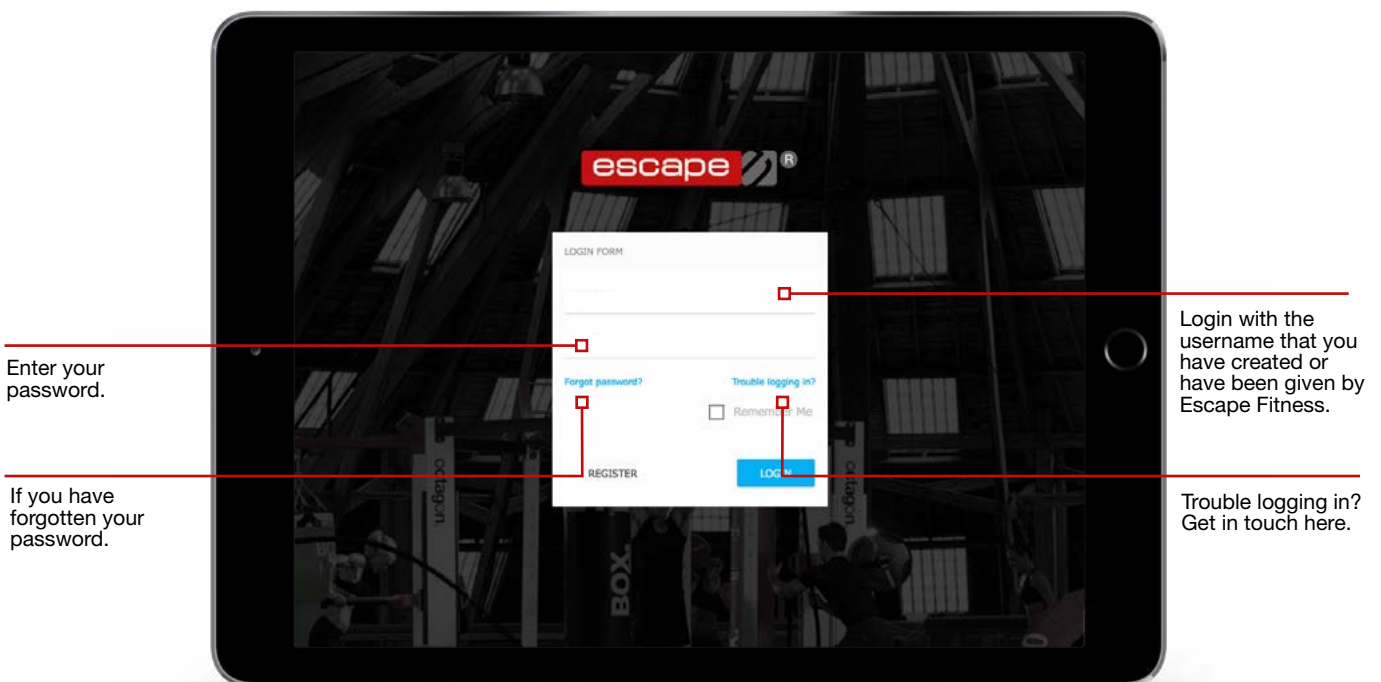
Existing users and new users set up by our Training Team:

1. Go to the following link - <https://escape.training/login>. This will need to be done in Google Chrome.
2. Click 'Forgot Password?'
3. Enter your email address and click 'Send Password Reset Link'.
4. You will receive an email – please follow the instructions in the email to reset your password.
5. Return to the following link – <https://escape.training/login>.
6. Enter your username and your new password that you set.
7. Go to 'View My Profile'.
8. Click 'Health Commitment Statement' in the menu on the left-hand side and complete the form – you will need to complete the Health Commitment Statement before you can participate in any of the online training.
9. Click on your name on the top right and click 'Educate Me' to access your online training.

## NEW USERS SELF-REGISTERING.

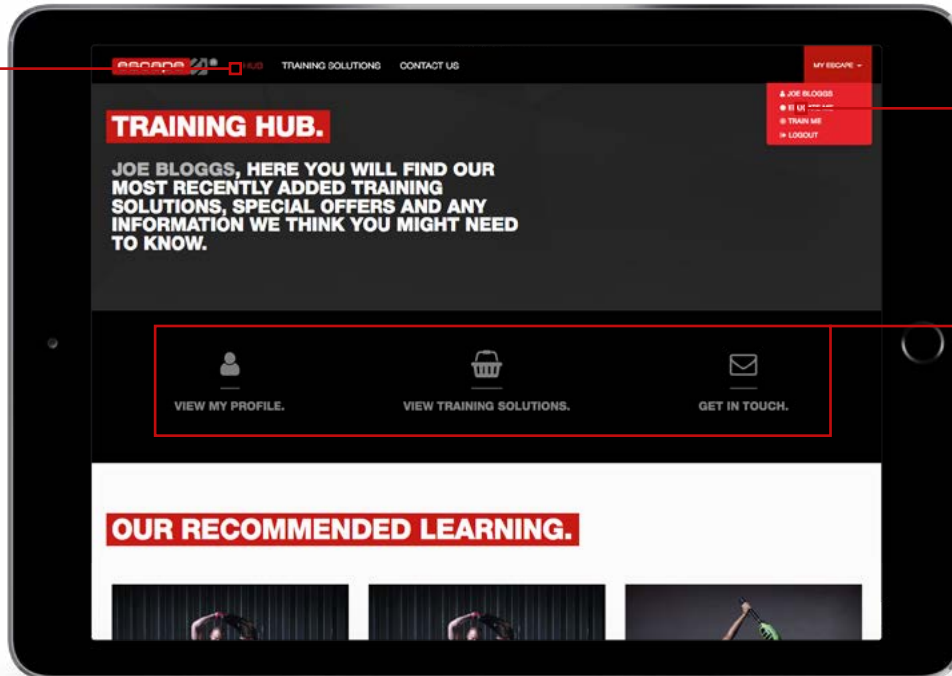
Once registered, you will have received an email confirming your registration. Please use your username and password to log in at the following link, using Google Chrome - <https://escape.training/login>

1. Go to 'View My Profile'.
2. Click 'Health Commitment Statement' in the menu on the left-hand side and complete the form – you will need to complete the Health Commitment Statement before you can participate in any of the online training.
3. Browse our available training solutions and get in touch to start your new training journey.



# ABOUT YOUR TRAINING HUB.

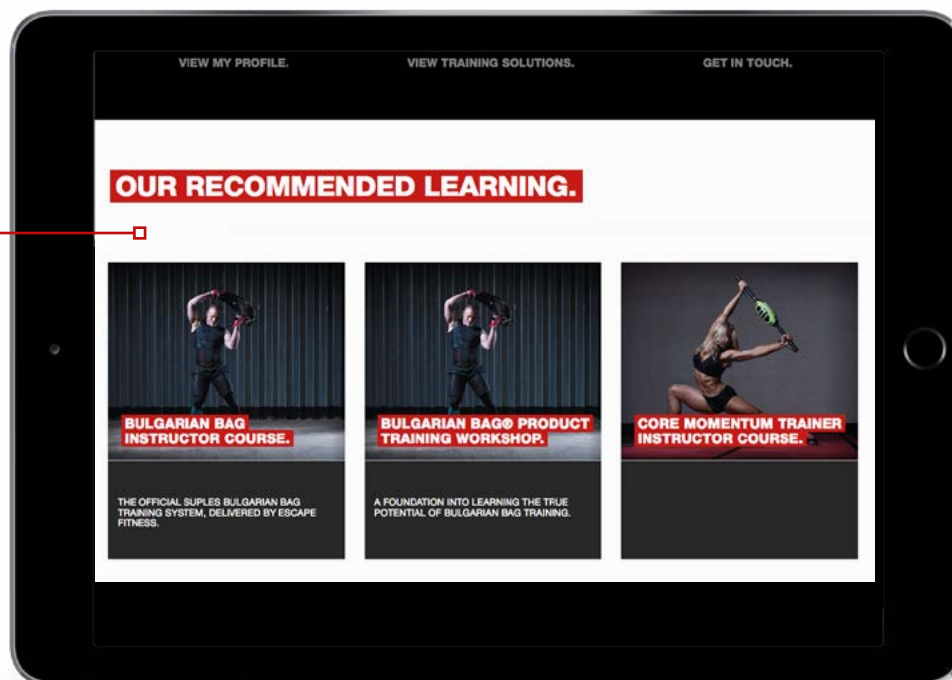
Navigate to your training hub



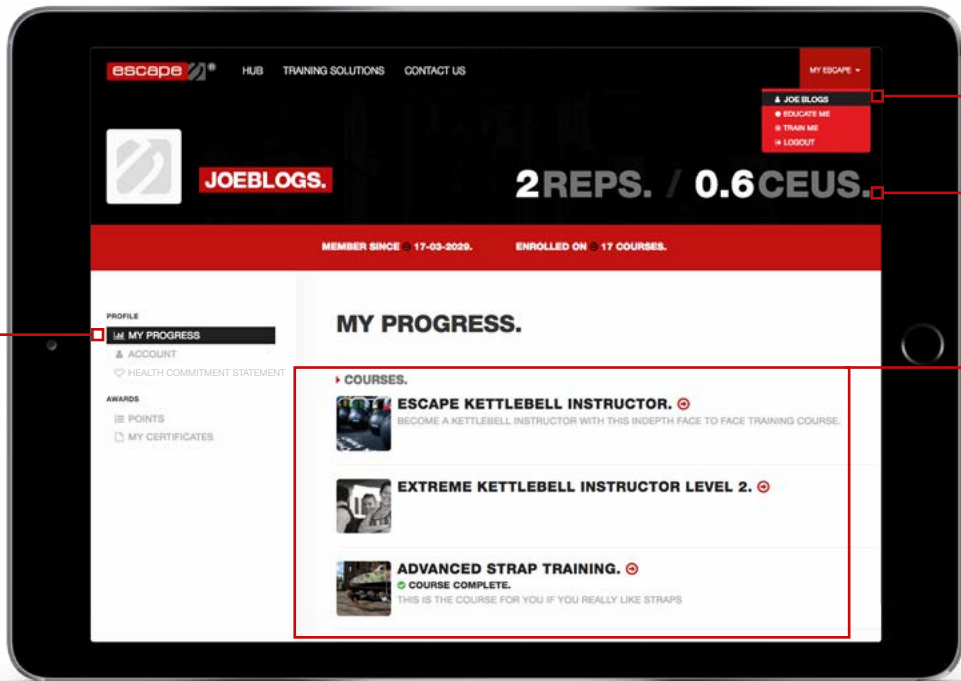
Access to your profile, education and training material.

Quick links around your training hub.

Keep an eye on this section for offers, new products and training solutions.



# ACCESS YOUR PROFILE AND PROGRESS.

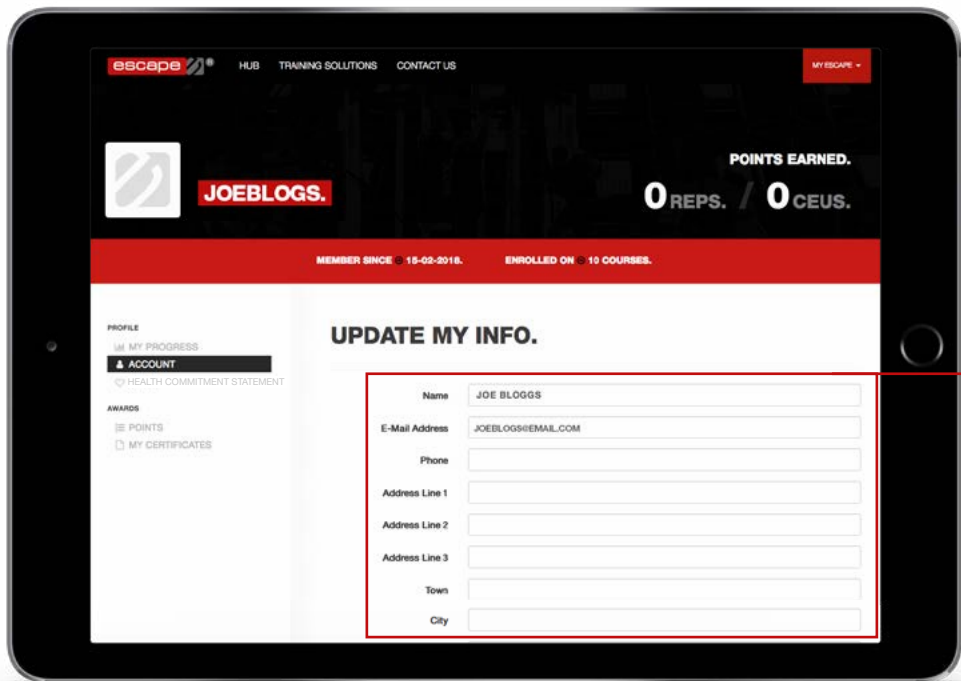


Your training profile navigation.

Access your training profile.

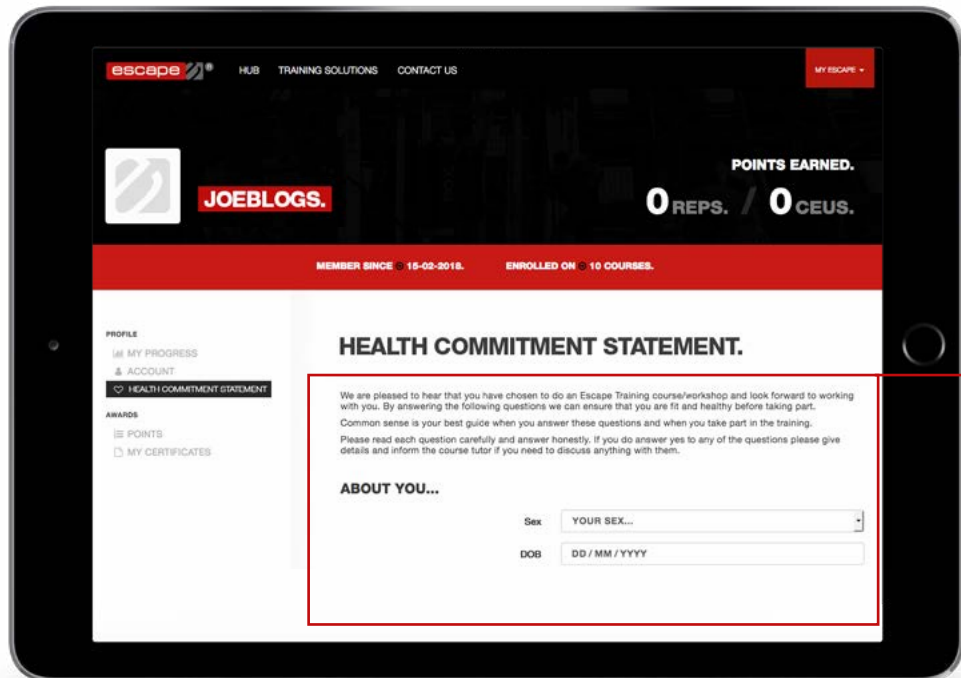
Accredited total points snapshot.

View a snapshot of your education progress.

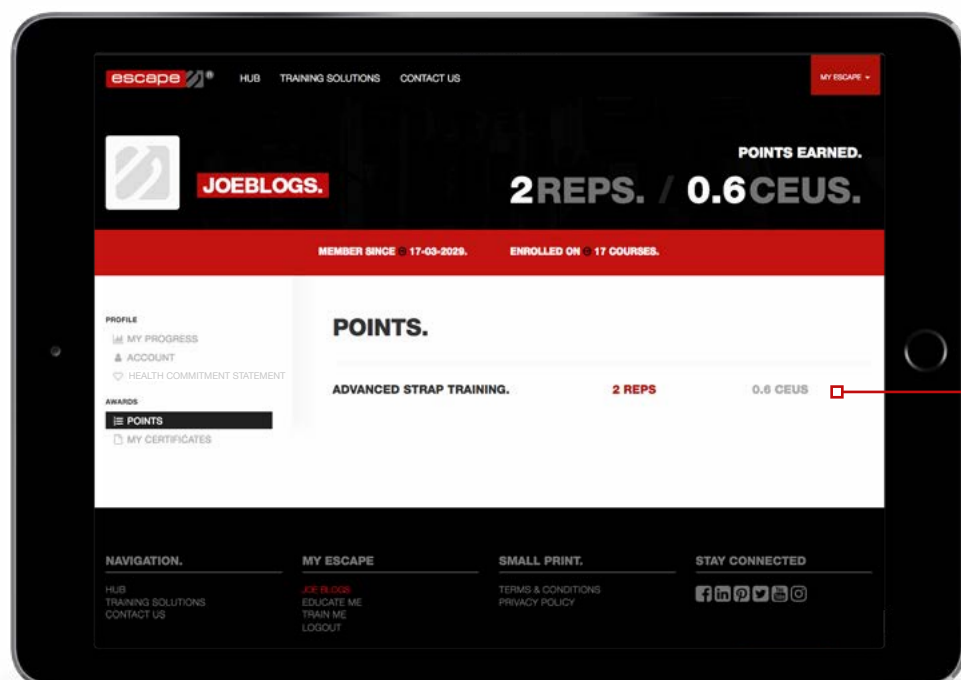


Update your account details.

# ACCESS YOUR PROFILE AND PROGRESS.



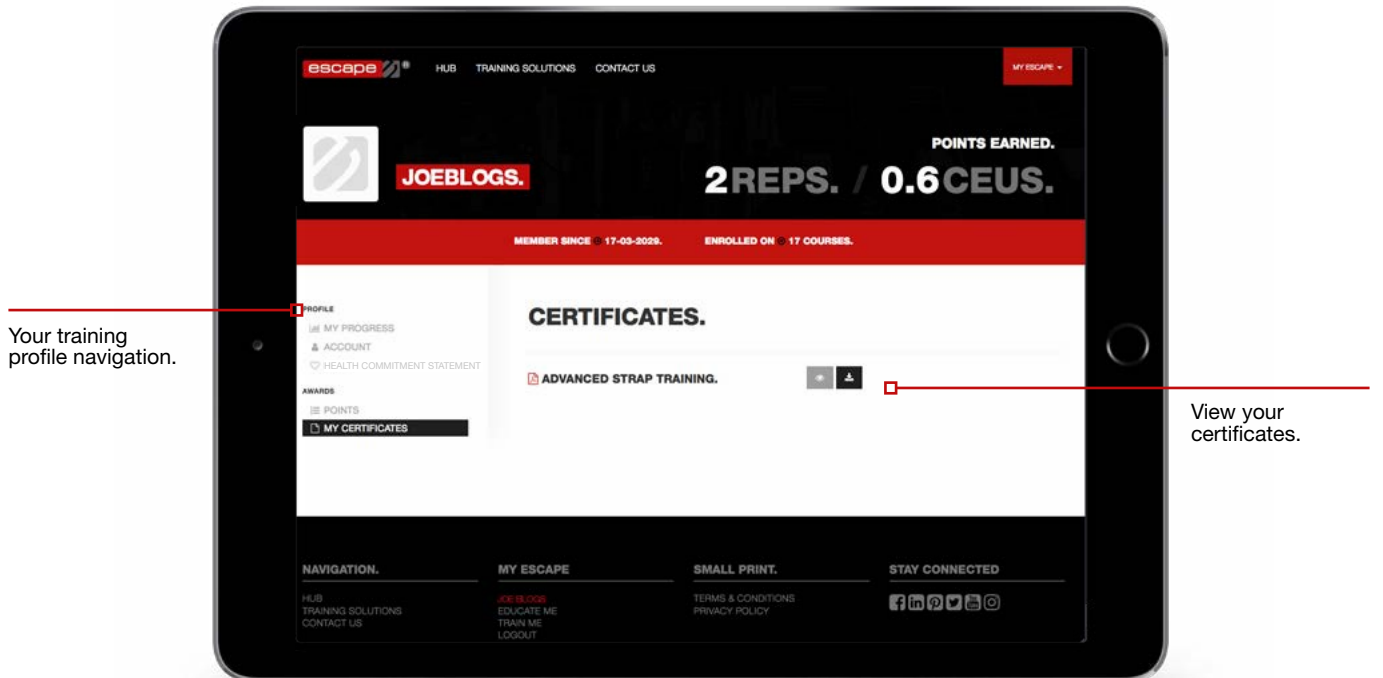
You must complete your Health Commitment Statement before you can access your training content.



View your accredited points.

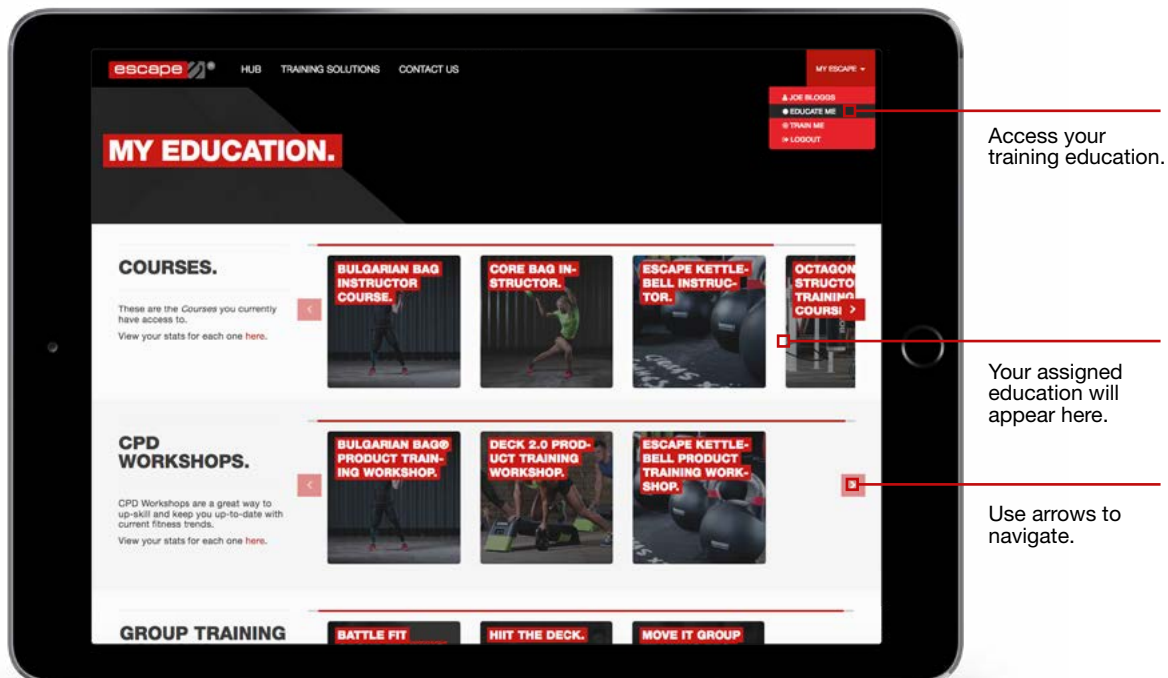
# ACCESS YOUR PROFILE AND PROGRESS.

Once you have completed an exam and any face-to-face compulsory training, you can view your certificate by visiting your profile page and then selecting 'My Certificates' in the menu on the left hand side.



# ACCESS YOUR TRAINING EDUCATION.

**DON'T FORGET TO FILL IN YOUR HEALTH COMMITMENT STATEMENT!**



**We'll add your education options here - the more you choose, the more you'll see!**

As more options are added in each category, you'll be able to scroll horizontally using the arrows on each end of the category row. On a mobile? - swipe to choose which education resource to access.

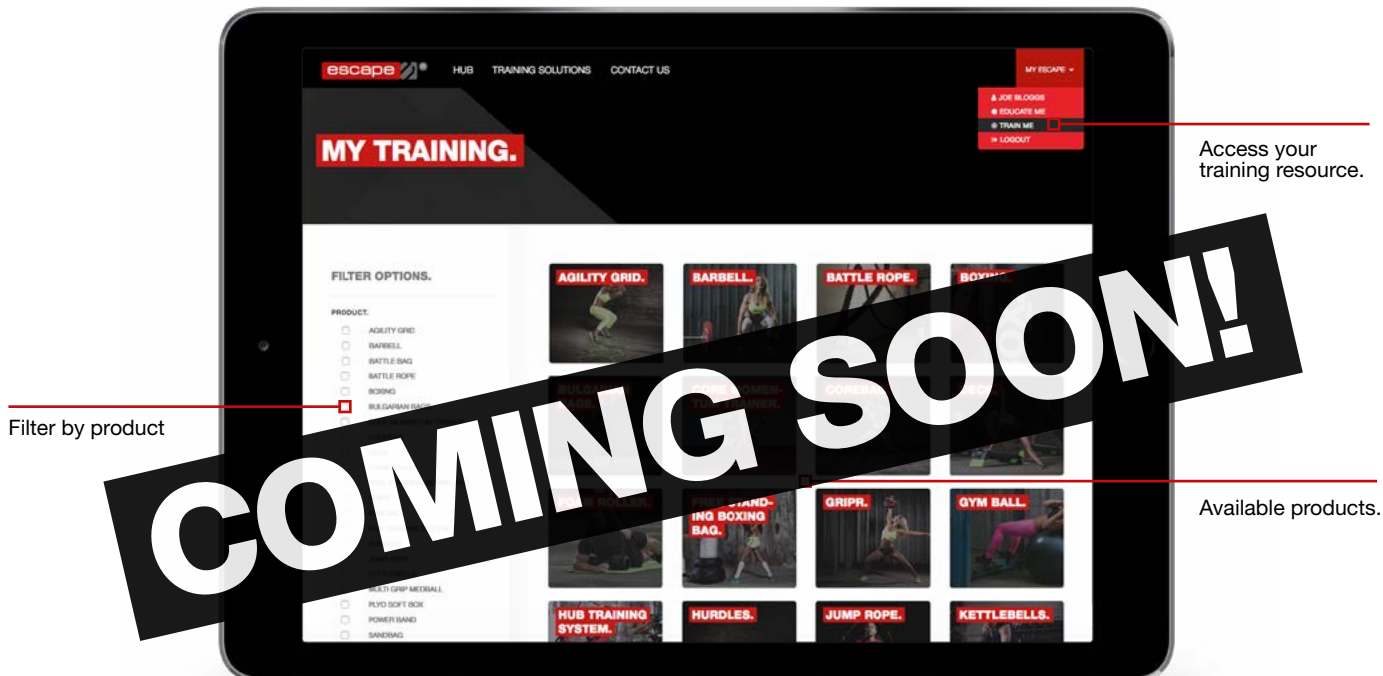
You will also find a similar list by visiting your profile and selecting 'MY PROGRESS'. You can follow the link to the education resource from here too.

To complete a product training workshop, you will need to access and read the training manual so that you can follow it during the lectures. Once you have viewed the lectures and/or exercises, you will then be able to take the online assessment. It is an open book assessment and multiple choice. The questions are based on the information in the manual and lectures so it is essential that you prepare properly in order to successfully pass the exams.



# ACCESS YOUR TRAINING RESOURCE.

DON'T FORGET TO FILL IN YOUR HEALTH COMMITMENT STATEMENT!



**Having access to the 'Train Me' resource, you will get access to our full product exercise library.**

Filter the products you want to view using the list on the left hand side or simply scroll to see the full range. Hovering over each product (desktop only) will give you a hint to how much exercise video resource is in each section.

Click on a product you want to view and it will take you to its full exercise video library. Here you can filter the exercises you want to view by using the list of outcome tags on the left hand side. Click on an exercise title and the exercise video will appear and play at the top of the page - click another title to swap the exercise video playing. Simple!