

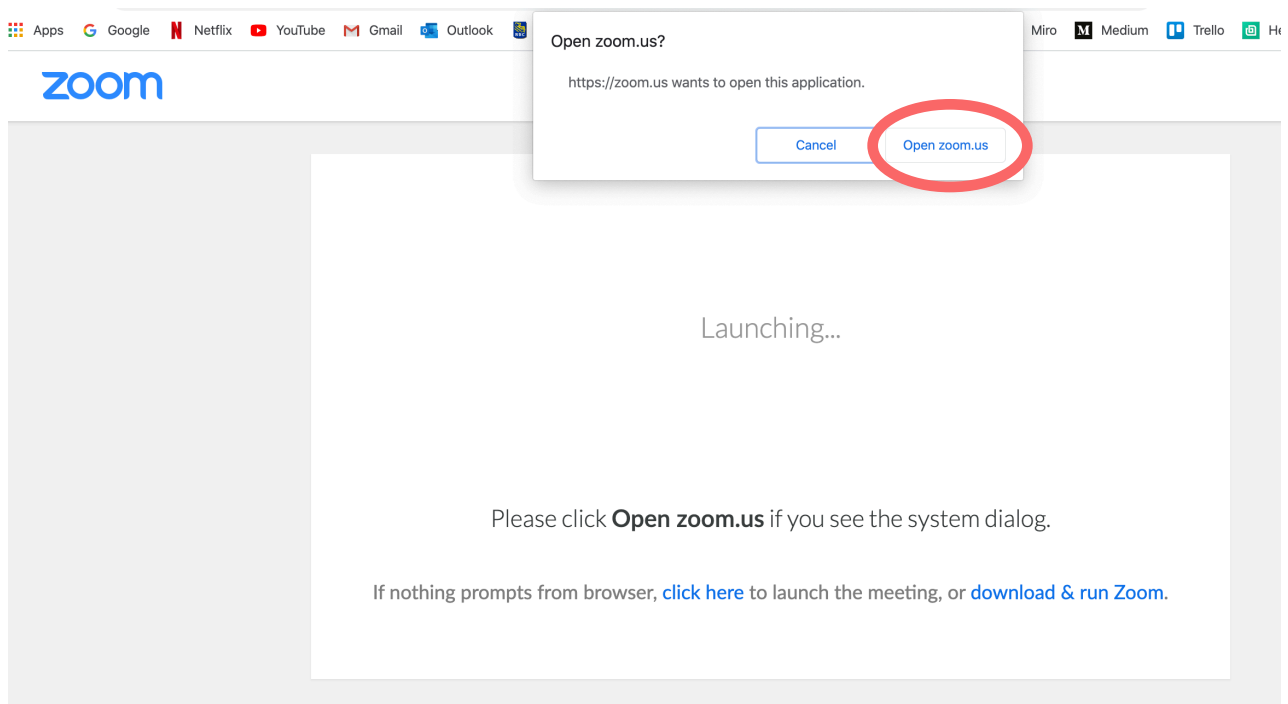


The basics of the Zoom app

You don't need to have an account to join a Zoom chat. As long as you have the Zoom app installed in either your phone or laptop/tablet you're good to go.

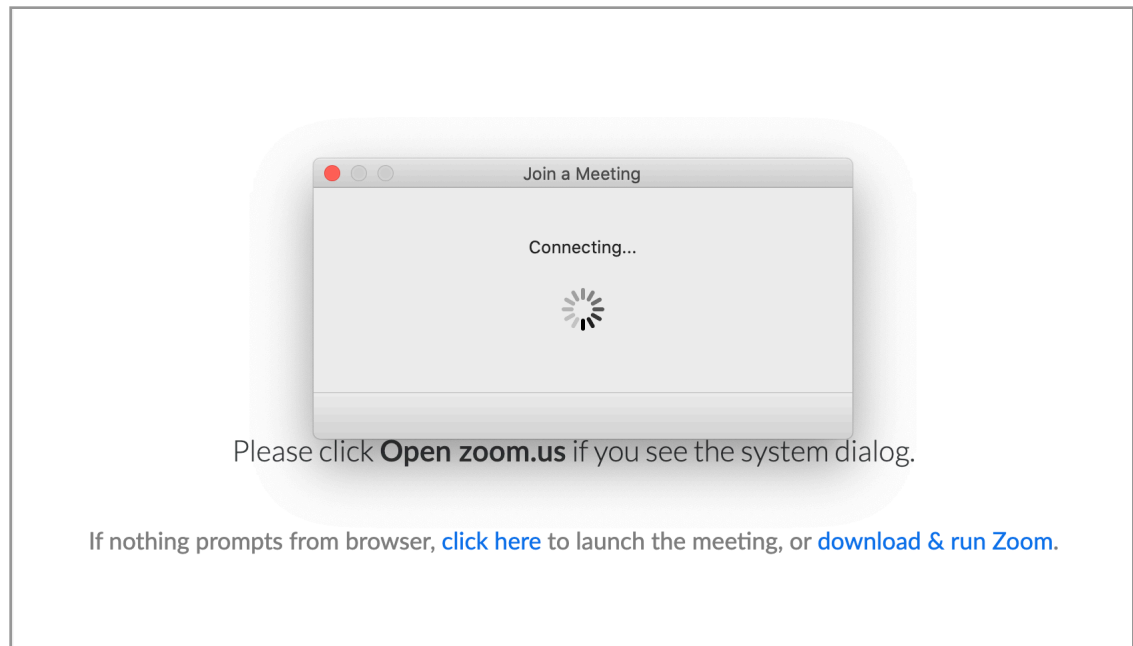
1 Your friend or coach will send you a Zoom link. This will be a blue link underneath the phrase "Join Zoom Meeting."
Click on the link.

2 The screen below will appear. Click the **Open zoom.us** button



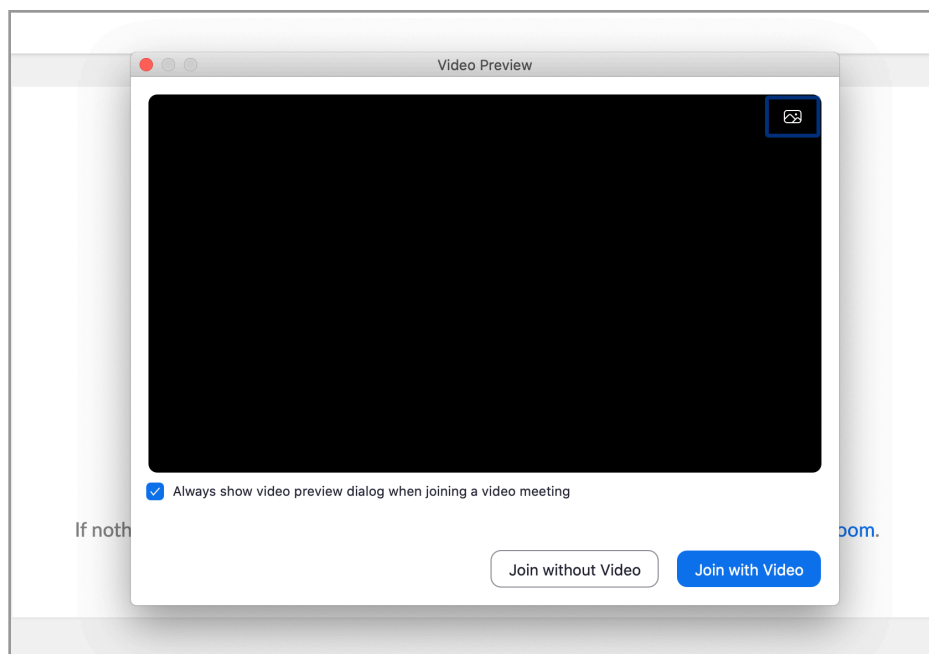
3

This window will pop up. It means your Zoom group chat is opening. You don't need to do anything here.



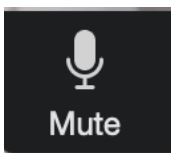
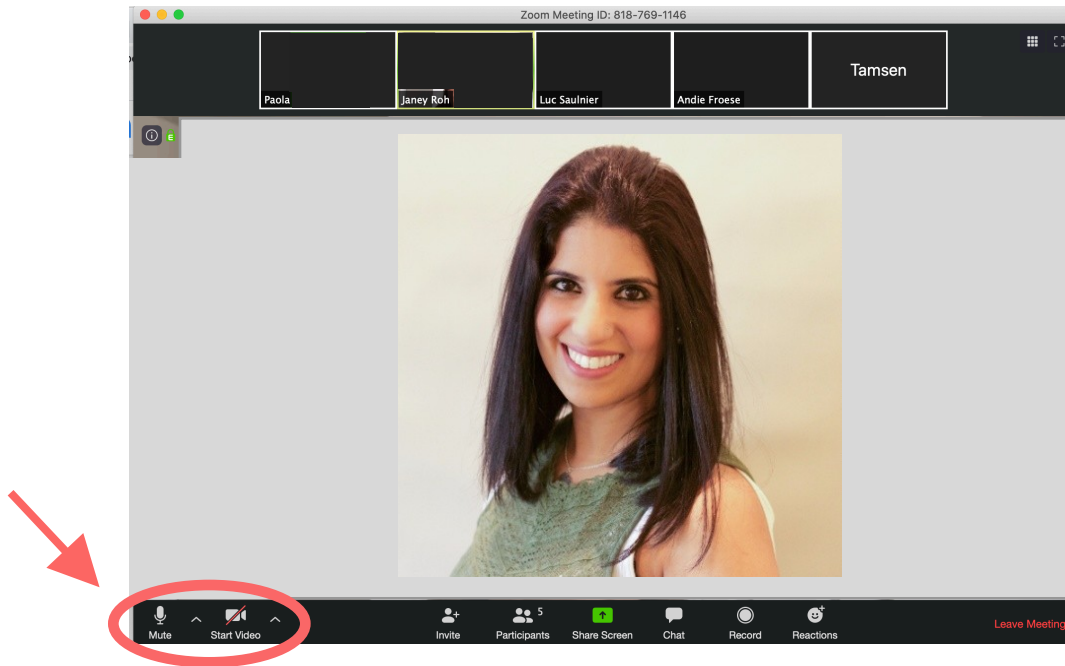
4

Next, you will see this screen. You can click the **Join with Video** button if you want your friends to see you through the webcam. If you don't want to use the webcam, click the **Join without Video** button.

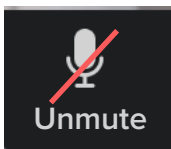




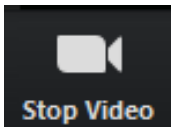
A screen similar to this one will show up. During your group conversation, the only two buttons you will need are at the bottom left corner.



Click **Mute** so others can't hear you. It's good to click on Mute when someone else is speaking, or if you hear a weird echo in the background.



Click **Unmute** so others can hear you speak.



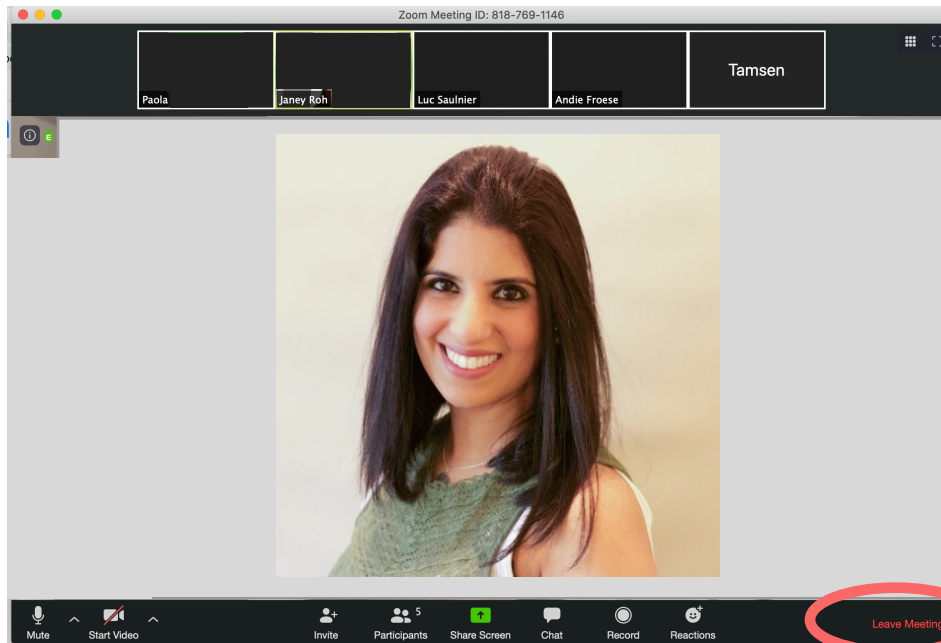
If you joined with video (your friends can see you through the webcam), you can click on **Stop Video** if you no longer want to use the webcam.



If you want your friends to see you, click on **Start Video**.

6

Once you finish your Zoom group conversation, you can either close the window or click the **Leave meeting** button located at the bottom right corner of the screen.



close up:

Leave Meeting

1

This pop-up window will appear. Click the **Leave meeting** button to exit the conversation.

