

Getting Started with Zoom

Laptop/Desktop users: go to page 4

Smartphone/Tablet users: see below

1. Download Zoom via the App Store or Google Play store.



2. Click on the link at the scheduled date and time from practitioner's email.

Hi guys,

The link below is for tonight's Zoom Clinical Exercise class.

The link doesn't change each week for the 10:15am class but just in case you lose it or there are extra attendees I will try and email it each week.

Bellbird Sports & Spinal is inviting you to a scheduled Zoom meeting.

Topic: Clinical Exercise Class - with Patrick Friday 10:15am

Time: May 1, 2020 10:15 Canberra, Melbourne, Sydney

Join Zoom Meeting

<https://zoom.us/j/91731088943?pwd=aGNtNEIWM091S3J0ZTJxM250WGdYQT09>

Meeting ID: 917 3108 8943

Password: Pilates1

Regards,

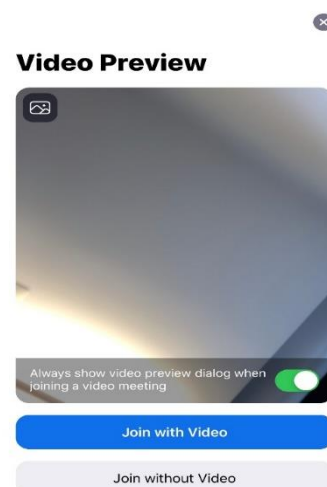
Andrew Cobb | APA Sports & Exercise Physiotherapist | B.Physio (Hons), M.Physio (Sports)

Bellbird Sports & Spinal | 2 Darook St (Cnr Blackburn Rd), Blackburn South VIC 3130

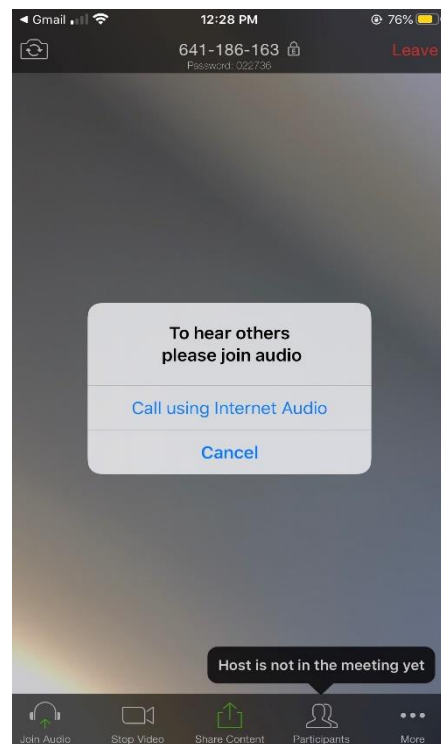
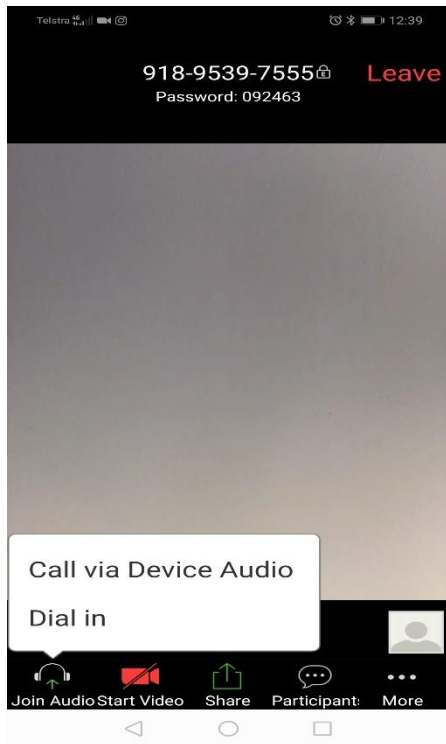
T: (03) 9878 8088 | F: (03) 9878 2269

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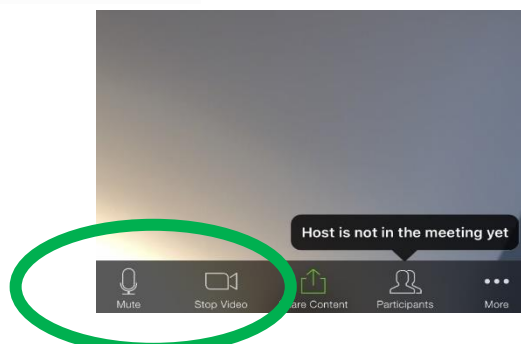
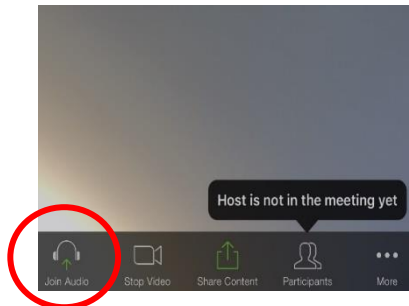
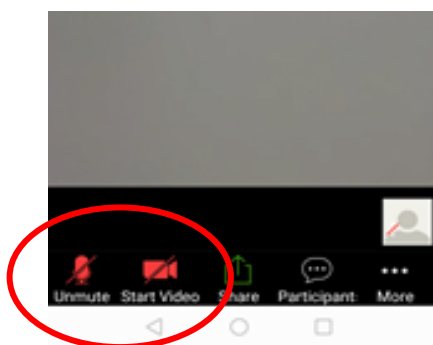
3. Enter your name and click "Join with Video".



4. IMPORTANT! Please select “Call via Device audio” or “Call using Internet Audio”.



5. Ensure the microphone and audio are turned on. If you see the images circled in red, please click “Unmute” or “Join Audio”. The image circled in green is the correct setting for the Zoom meeting.



- 6.** The practitioner will be able to mute participants if it gets too noisy and becomes a distraction for the rest of the class. Please ensure that the camera is facing towards you for a more personal experience with the practitioner and other participants. For additional help, please see Zoom troubleshooting enquiries via <https://support.zoom.us/hc/en-us/sections/200305593-Troubleshooting>

GETTING STARTED WITH ZOOM: LAPTOP/DESKTOP

1. You will need a microphone and camera.



2. **Safari** users: Download “Zoom Client for Meetings” at https://zoom.us/download#client_4meeting

Internet Explorer, Firefox and Google Chrome users: Proceed to step 3.

3. Click on the link at the scheduled date and time from practitioner’s email.

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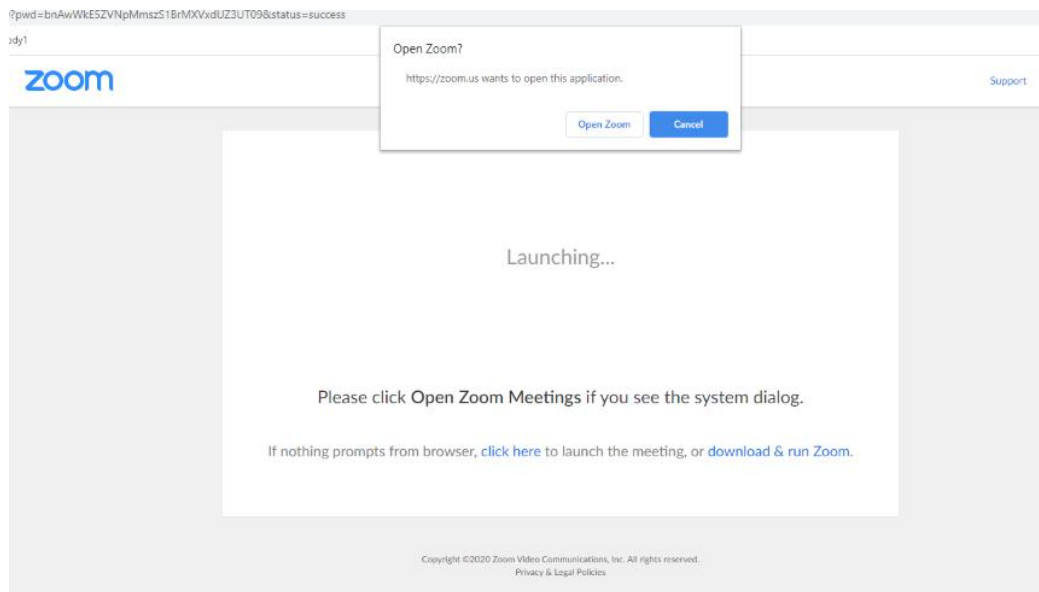
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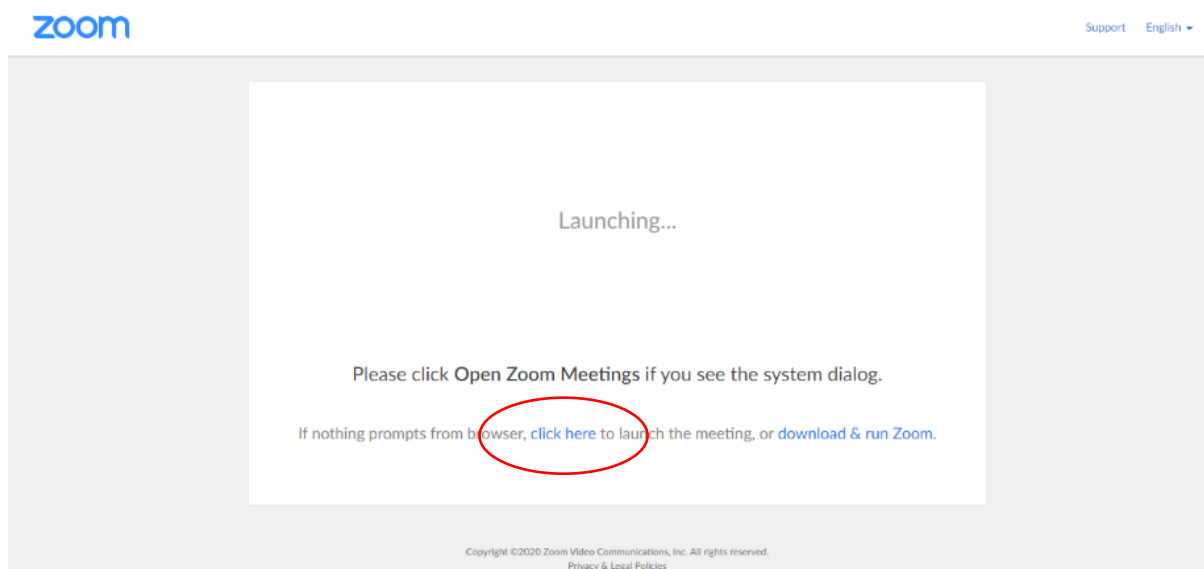
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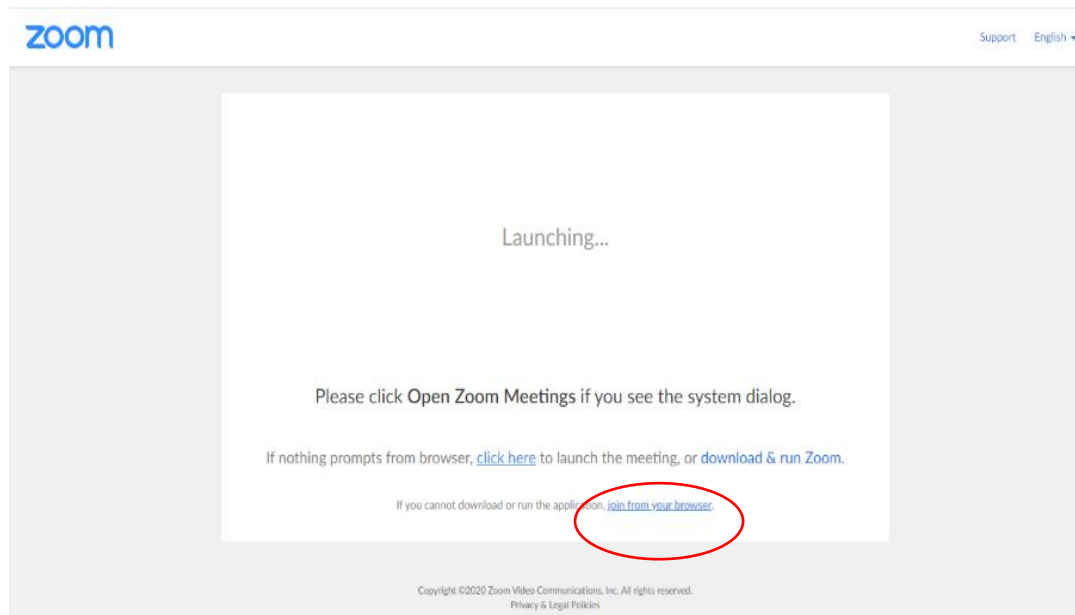
4. Click Open Zoom IF you have Zoom downloaded onto your computer (proceed to step 8). If not, click Cancel.



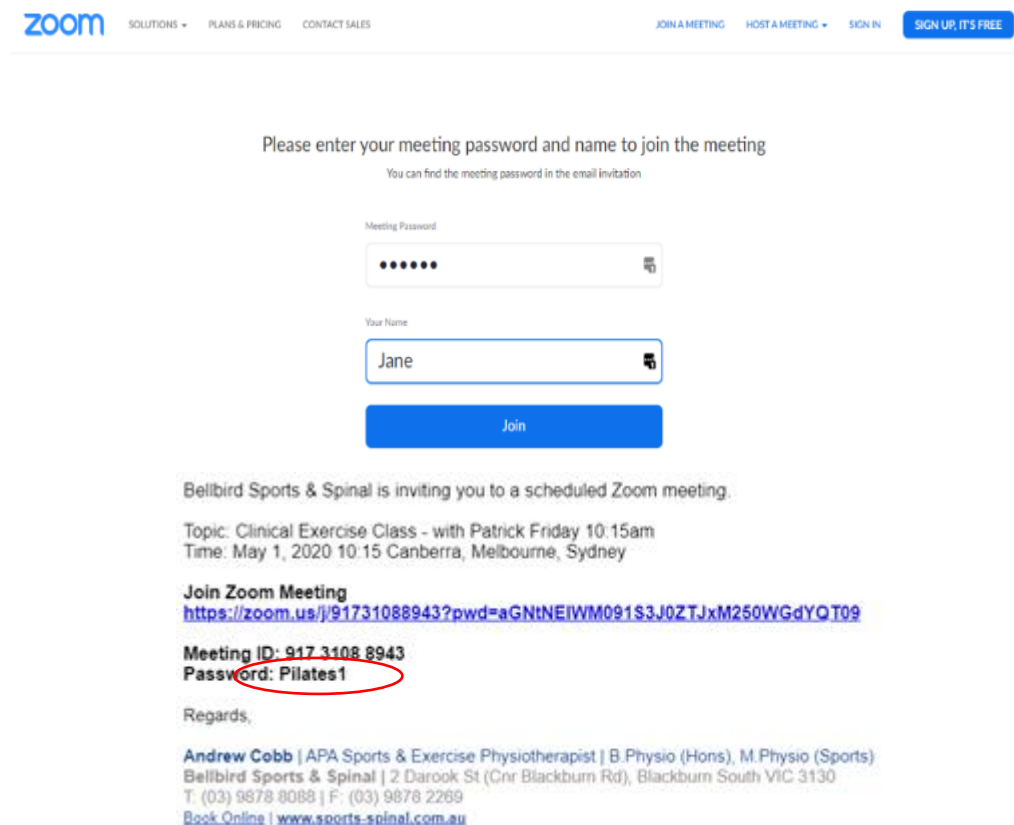
5. Select "click here".



6. Select “join from your browser”.



7. Enter Meeting Password and Your Name. The Meeting Password is listed in the practitioner’s email.



zoom SOLUTIONS PLANS & PRICING CONTACT SALES JOIN A MEETING HOST A MEETING SIGN IN SIGN UP, IT'S FREE

Please enter your meeting password and name to join the meeting

You can find the meeting password in the email invitation

Meeting Password

•••••

Your Name

Jane

Join

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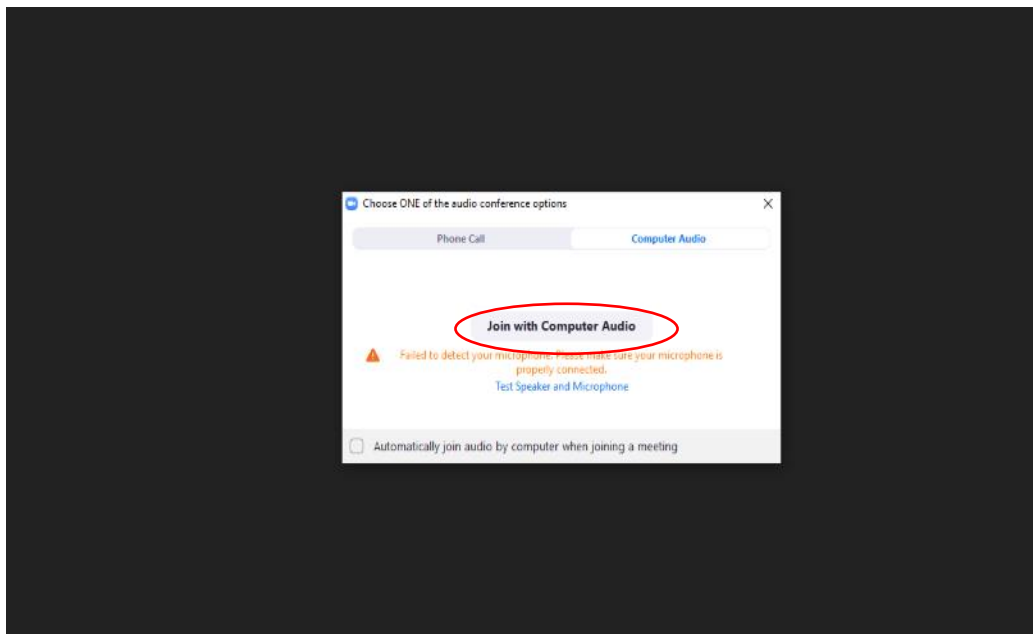
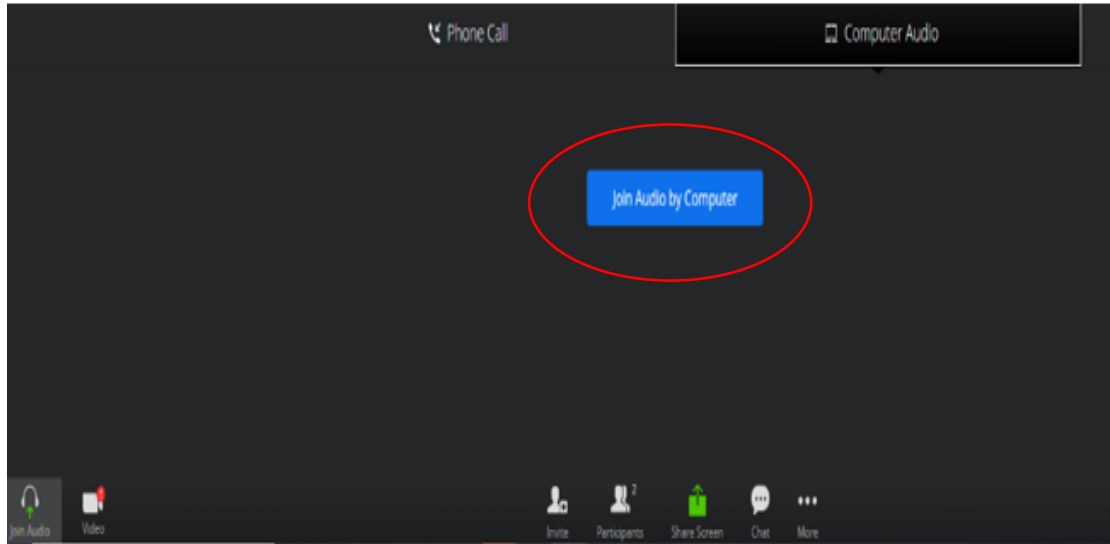
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8. Select “Join Audio by Computer” or “Join with Computer Audio” to allow the practitioner to hear you.



9. If the audio and video icon have a red exclamation mark, troubleshoot the microphone and camera to ensure that they have been installed correctly.



- 10.** The practitioner will be able to mute participants if it gets too noisy and becomes a distraction for the rest of the class. Please ensure that the camera is facing towards you for a more personal experience with the practitioner and other participants. For additional help, please see Zoom troubleshooting enquiries via <https://support.zoom.us/hc/en-us/sections/200305593-Troubleshooting>