

# Online Zoom Classes

## What is Zoom?

Zoom is an online application (app) which combines virtual meetings and messaging in one easy to use programme.

At Sport Aberdeen we have been using it to deliver live virtual exercise classes to our customers from the comfort of their own home.

## Will I have to pay to use Zoom?

There is no cost to download the app or to join in with any of the Sport Aberdeen live classes via Zoom

## Can the instructor or other participants see or hear me?

Yes, your camera must be turned on so our instructors can provide you with helpful tips to ensure you are getting the most out of the exercises, and performing them safely.

To communicate during the class your microphone must be turned on. Our instructors will regularly ask you how you are getting on to ensure you are exercising at the correct level.

## What do I need?

- An internet connection – broadband wired or wireless (3G or 4G/LTE)
- Speakers and a microphone – built-in or USB plug-in or wireless Bluetooth

# Joining a Zoom Class

To save time before your first class we recommend you download the Zoom app from the Zoom Download Centre. see the link below;

<https://zoom.us/download>

Alternatively the first time you click on a link to join a class you will be prompted to download the app.

## **STEP 1**

Prior to your first virtual class, a member of the Active Lifestyles team will send you a link for you to use to join the class. This is the same link you will use each week to join.

Dear <Name>

Welcome to Sport Aberdeen's <Class>

You should have received your welcome pack in the post.

For the upcoming class please read and complete the 'Exercising at Home Checklist'.

Title: <Class>

Time: <Time and Date>

Instructors: <Instructors>



**Join Zoom Meeting:** <https://zoom.us/j/99410342482?pwd=MytyUXJ4UXJQaUprcTNnUHGU2IDUT09>

**Meeting ID:** 994 1034 2482

**Passcode:** 378443

We hope you enjoy the class and if you have any IT issues or further questions please let the instructors or the team in the office know.

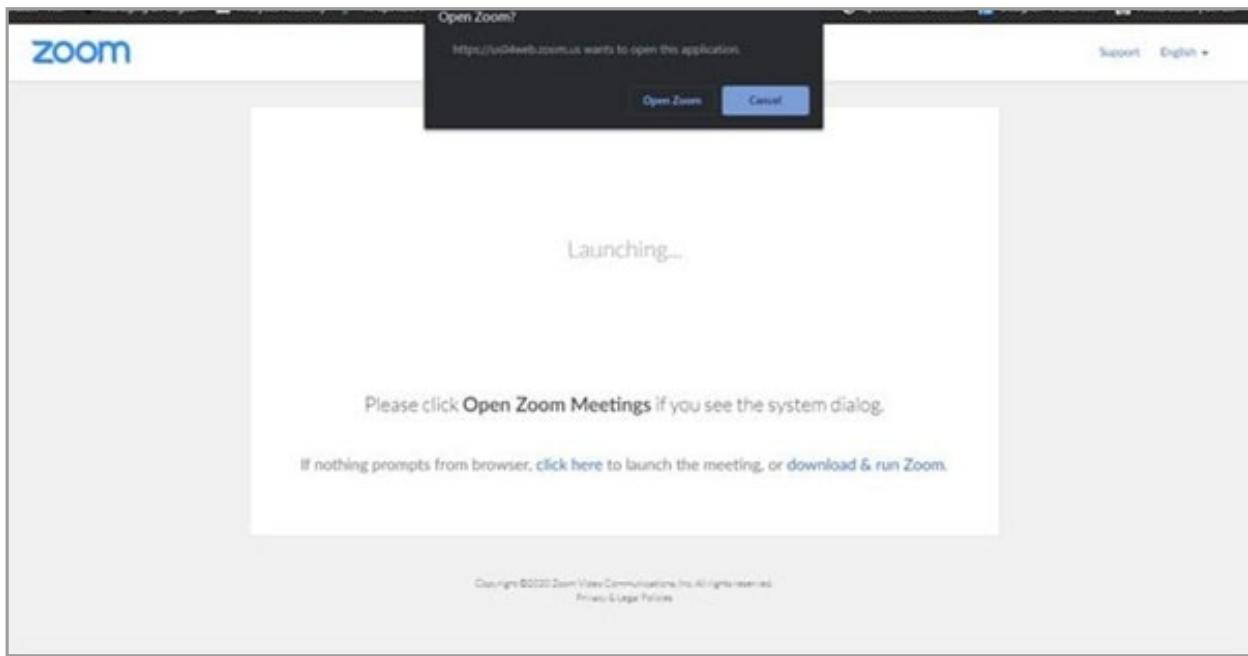
Kind regards

**Active Lifestyles Team**

## **STEP 2**

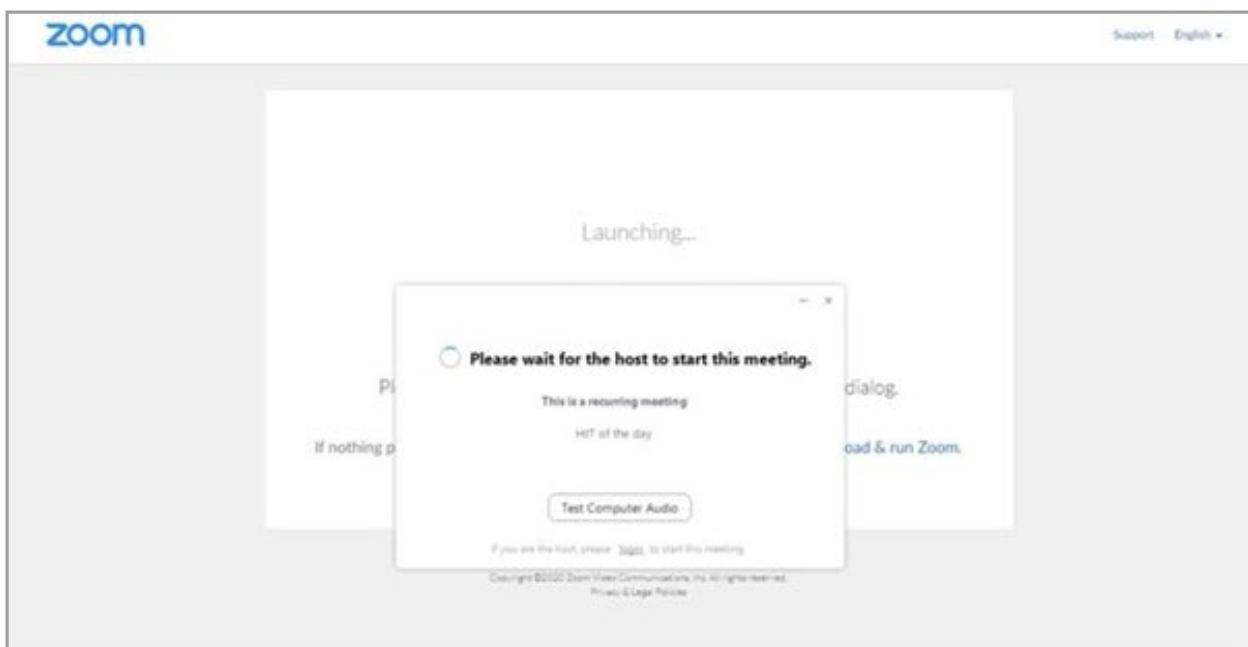
On your first week we recommend you give yourself plenty of time to familiarise yourself with the guide and to follow the steps.

Once you click to join the link you will be given a prompt to open Zoom. (See below)  
Click this button and you will be taken to the next window.



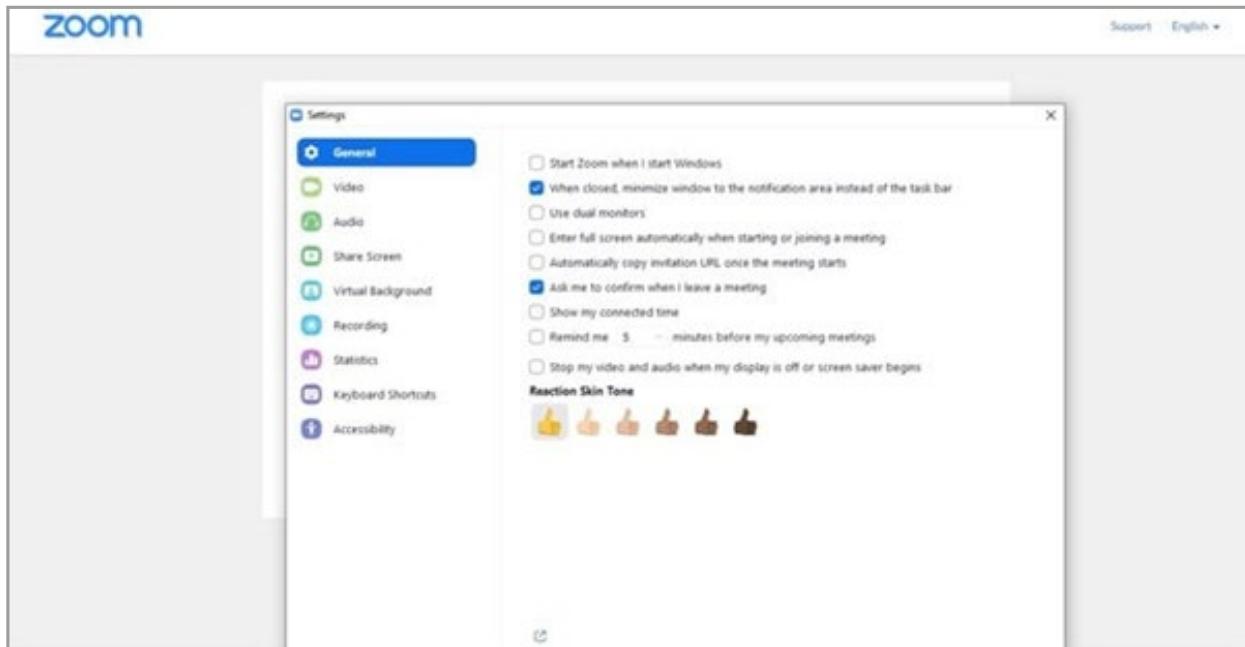
## **STEP 3**

If the instructor is yet to open the class you will be given the option to test your audio whilst you wait, this is optional. (See below)



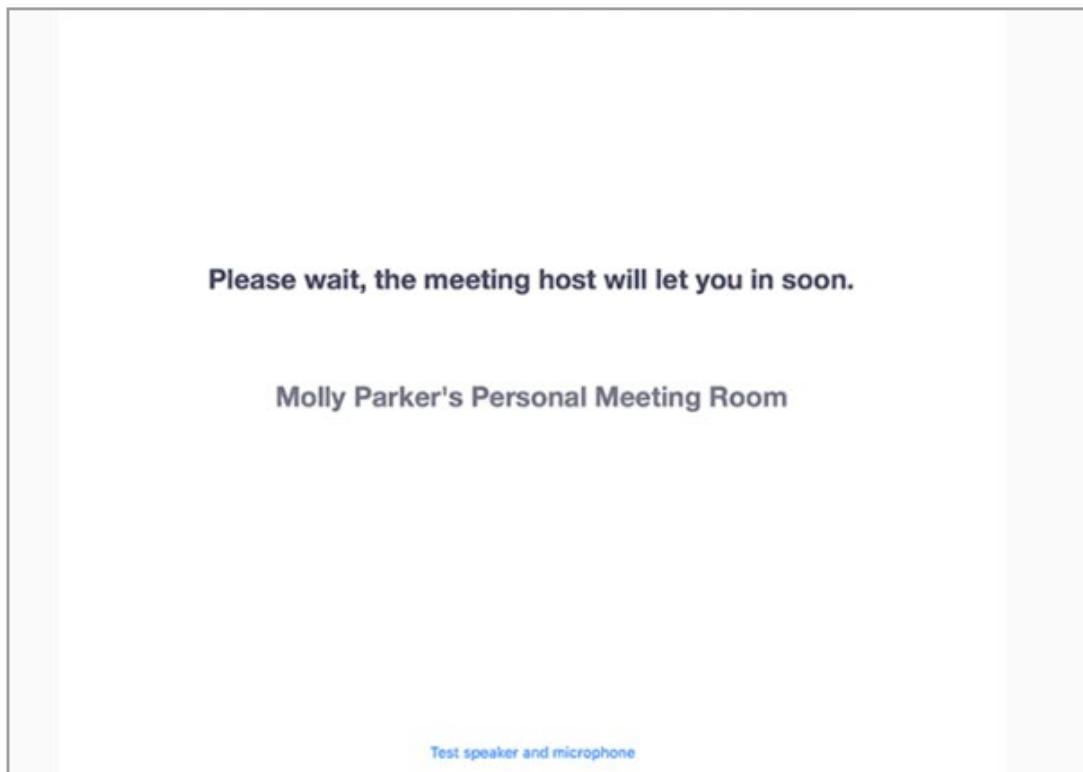
## **STEP 4**

You will also be given the option to make sure your audio and webcam settings are correct ahead of the class, again this is optional. (See below)



## **STEP 5**

If the instructor is yet to open the class you will join a virtual waiting room. (See below) Once the instructor is ready to start you will be admitted in to the class. The instructor will open the class 10 minutes prior to the class start time.



## **STEP 6**

Once you are in the class and it is ready to begin we recommend you “pin the instructor”. This will allow you to always see what the instructor is demonstrating.

To do this you should right click on the instructor’s image and select pin.

