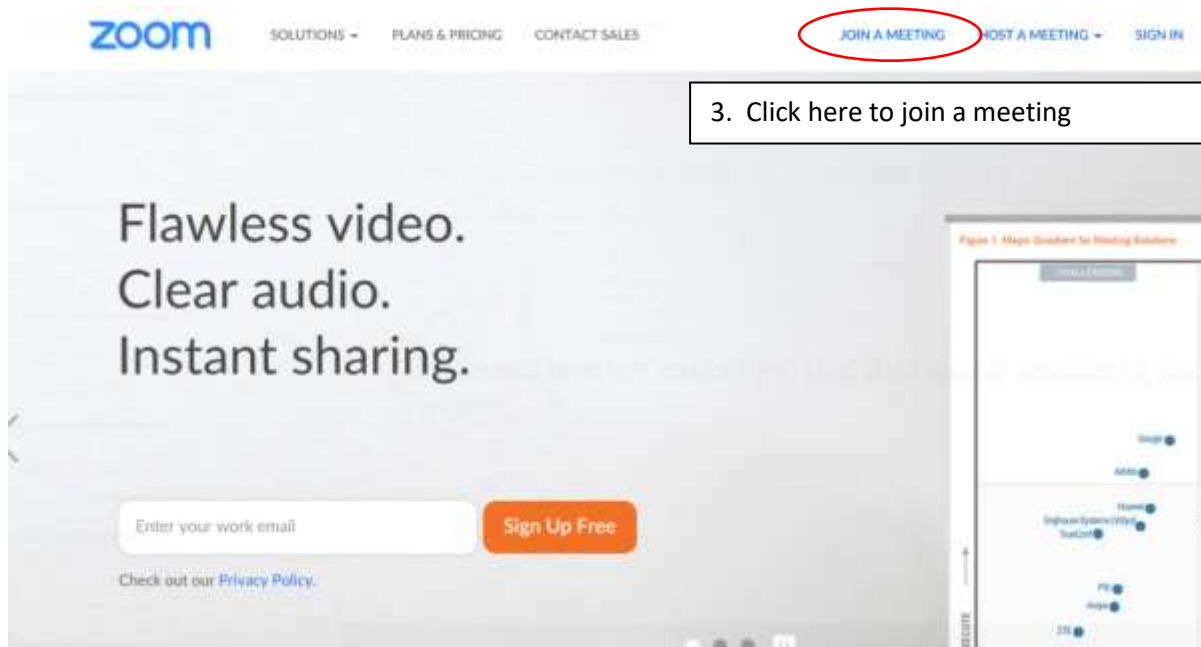1. Download the platform from this website : https://zoom.us/
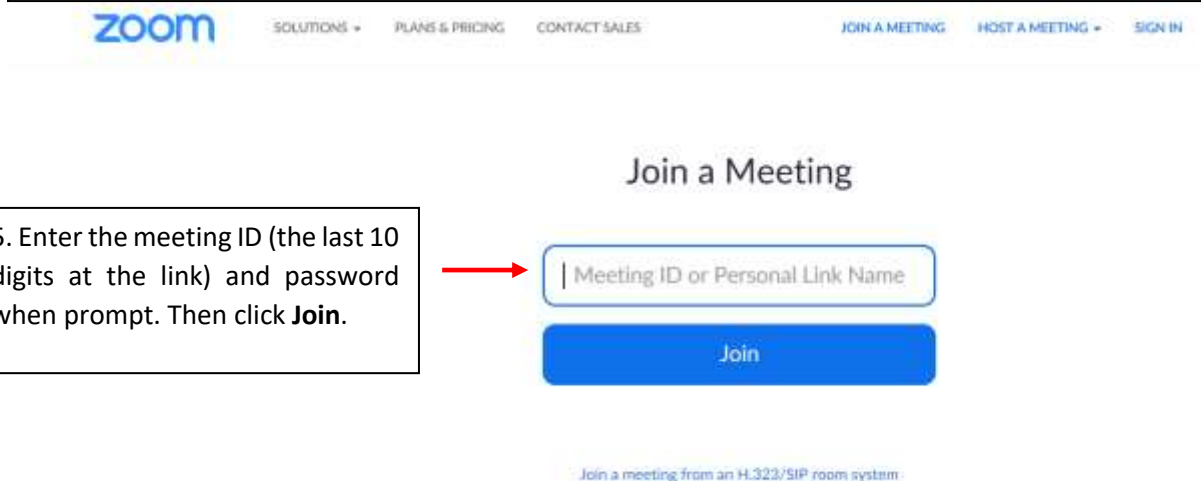
2. For first-time user, open the app 5 min earlier to test on your mic and video to see if they are in working condition (follow the instructions as prompts).

Next

3. Click here to join a meeting

4. **Zoom link and Meeting ID** will be post in the closed FB group before the lesson. You may click on the link to enter the room or type in the Meeting ID (see point 5)

5. Enter the meeting ID (the last 10 digits at the link) and password when prompt. Then click **Join**.

6. **Welcome to the meeting room** & say hello to your Coach and classmates! 😊

To know more on how to use the controls in the 'meeting room' (Video conferencing), click the link below:

https://www.youtube.com/watch?v=l8UwTwjpE6E