



Instructions for participating in the online live courses of University Sports

Booking:

- Find and book favorite courses in the A-Z list.
- Before each course date you will receive an email with the access data and link to the "Zoom Meeting" for your online course!
- Therefore, please be sure to provide a valid email address when booking so that access to the "Meeting" can be sent to you.

Just before the course starts:

- Ensure a secure internet connection.
- Additional speakers (e.g. via Bluetooth) improve the sound.
- Connecting your device to a TV/large screen (e.g. via HDMI, beamer) enhances the live feeling.
- Prepare workout area with towel or mat and provide drink if necessary.
Please note:
 - Ensure sufficient space (at least an arm's length of space between the movement area and furniture in all directions), pay attention to roof slopes
 - Secure dangerous corners & edges
 - Make sure that the floor is free of tripping hazards and not slipperyIf additional materials are needed, you will receive an information in a mail in advance.
- Log in via the zoom-link and join in!
- If you want to interact with your instructor, switch on the camera (please switch off the microphone)

Information about Zoom:

- You can use Zoom by downloading the app or desktop client (it downloads itself automatically the first time you use Zoom in your browser via the meeting link).
- For the sound on your mobile phone click on "join audio" in the lower left corner or on "join audio via devices", on your PC click on "join audio via computer".
- If your participation in the meeting ends unexpectedly, log back in using the Zoom link and join the meeting again.
- If audio and video are delayed during the course, disconnect the device from the internet and reconnect it.
- If you can't hear or see the instructor properly during the course, please use the chat function or turn on your microphone and tell her/him (please turn the microphone back off afterwards).