

# Preparation for online participation

There are a few arrangements to make for the virtual class:

- Download the Zoom Desktop client: [zoom.us/download](https://zoom.us/download)
- Detailed instructions can be found on the Zoom [Youtube Channel](#)
- About 10 minutes before the course starts, click on the zoom link and enter the password in Zoom (if necessary)
- Make sure the lighting is good, so you can be seen clearly
- Test your setting before the zoom meeting. Simply start a new zoom meeting without participants. Then you will see your own video and can set up everything.
- Please make sure your full name is visible

## The right setting for lessons

### For theory inputs

- You'll need a seat in front of the camera/screen for theory inputs, ideally a stool with an attachment so that the hip sockets are higher than the knees.
- Make sure lighting conditions are good. Make a few tests in advance, it's worth it.
- Position camera at eye level for theory inputs
- Test camera and microphone before the lesson

## Set up space for training

- For the training lesson, you will need enough space to stretch out your arms and legs while standing or laying on your back
- It is helpful if you have a free wall or a fixed table within reach
- Position yourself in semi-profile (see picture below)

Example of a well set up training area. Make sure you are labeled with your full name (seen here in the lower left corner)

