



# VIRTUAL WORKSHOP PARTICIPANT CHECKLIST

## ZOOM SYSTEM REQUIREMENTS FOR ATTENDEES

### SYSTEM REQUIREMENTS FOR WINDOWS, MACOS, AND LINUX

<https://support.zoom.us/hc/en-us/articles/201362023-System-requirements-for-Windows-macOS-and-Linux>

### SYSTEM REQUIREMENTS FOR IOS, IPADOS, AND ANDROID

<https://support.zoom.us/hc/en-us/articles/201179966-System-requirements-for-iOS-iPadOS-and-Android>

*We strongly recommend using the desktop version of the app for the best experience. Please test your technology prior to the session start to make sure it is working properly.*

## STARTING YOUR SESSION

### Join by downloading on Windows or Mac

To use zoom, please first download the software on your Windows or Mac computer.

<https://zoom.us/support/download>

### Getting Started Resources:

<https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-on-Windows-and-Mac>

## TECHNOLOGY QUESTIONS?

Please contact Zoom directly. The fastest way is by using the chatbot available on their website, here: <https://support.zoom.us/hc/en-us/articles/201362003> (look for the “contact support” button in the upper right).

Note: Please do not contact US Lacrosse. We are unfortunately unable to troubleshoot individual user technology questions.