



ZOOM REQUIREMENTS FOR VIRTUAL WORKSHOPS

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

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 review the system requirements for troubleshooting.

SYSTEM REQUIREMENTS FOR WINDOWS, MACOS, AND LINUX

<https://support.zoom.us/hc/en-us/articles/201362023-System-requirements-for%20Windows-macOS-and-Linux>

SYSTEM REQUIREMENTS FOR IOS, IPADS, AND ANDROID

<https://support.zoom.us/hc/en-us/articles/201179966-System-requirements-for-iOS%20iPadOS-and-Android>

NEED HELP?

We get it – technology isn't everyone's strong suit! If you still need help after reviewing the system requirements above, 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 USA Lacrosse. We are unfortunately unable to troubleshoot individual user technology questions.