

Joining Instructions

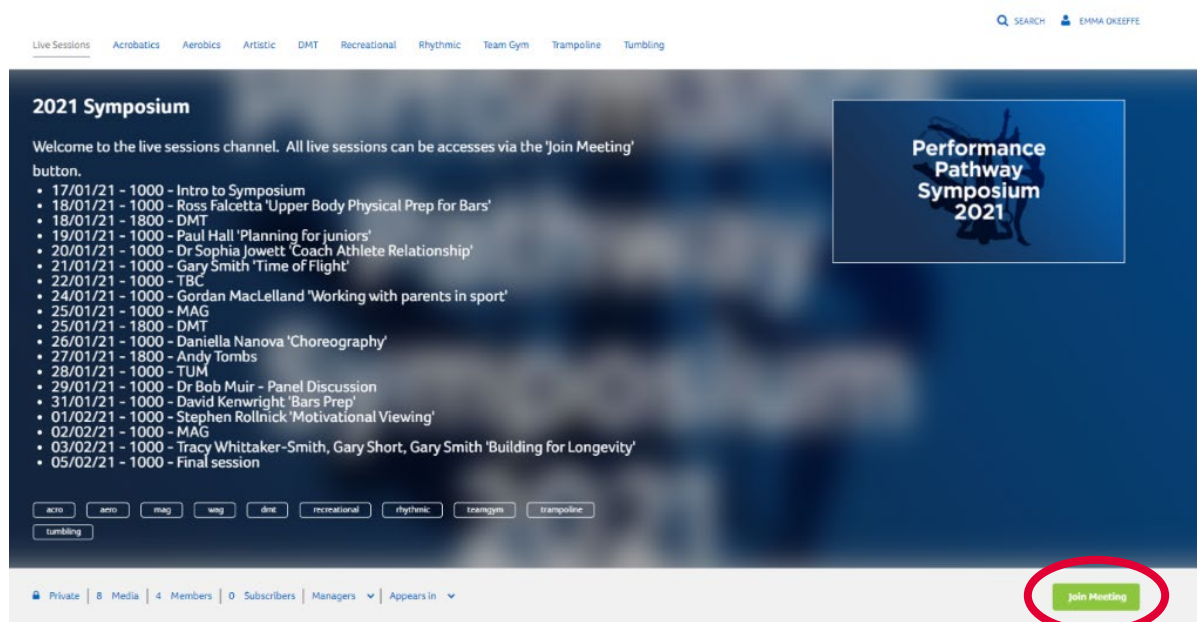
Before joining a live session, you will need to run through the [Quick Tech Check](#) to diagnose any technical problems. For the best experience, please use the following:

- Laptop/PC
- An up-to-date version of Chrome, Firefox or Safari

If joining via a mobile device, the following browsers are supported:

- Android mobile device - up-to-date version of Chrome
- IOS (Apple) mobile device - up-to-date version of Safari

On the 'Live Sessions' page, click on join meeting as circled below

A screenshot of the British Gymnastics website's 'Live Sessions' page. The page has a navigation bar at the top with links for 'Live Sessions', 'Acrobatics', 'Aerobics', 'Artistic', 'DMT', 'Recreational', 'Rhythmic', 'Team Gym', 'Trampoline', and 'Tumbling'. A search bar and a user profile icon for 'EMMA OKEEFE' are also present. The main content area is titled '2021 Symposium' and includes a welcome message: 'Welcome to the live sessions channel. All live sessions can be accessed via the 'Join Meeting' button.' Below this is a list of sessions with dates and times, such as '17/01/21 - 1000 - Intro to Symposium' and '18/01/21 - 1000 - Ross Falcetta 'Upper Body Physical Prep for Bars''. A 'Performance Pathway Symposium 2021' logo is shown on the right. At the bottom, there are filter buttons for various disciplines: 'acro', 'aero', 'mag', 'leg', 'dm', 'recreational', 'rhythmic', 'teamgym', 'trampoline', and 'tumbling'. A status bar at the very bottom shows 'Private', '8 Media', '4 Members', '0 Subscribers', and 'Managers'. A green 'Join Meeting' button is circled in red in the bottom right corner.

For technical support, please send an email to bgtv@british-gymnastics.org