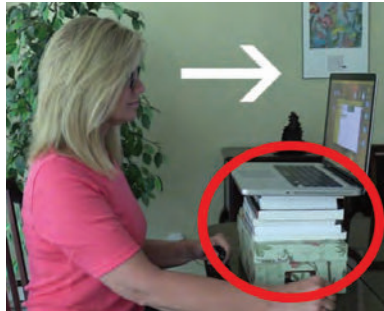


Zoom Guidelines for Participants

Avoid bright back lighting that darkens the face.



Raise your computer so the camera is at eye level



How to position yourself in the frame



Ensure Good Lighting

Sit in a well-lit area or room, preferably with a light source in front of you to illuminate your face (use a ring light or external light source if available.) Avoid strong light sources behind you such as large windows. Poor lighting introduces visual noise and compression artifacts in video recordings.



Positioning Yourself on Camera

Your camera should be positioned at eye level and your eyeline should be in line with the bottom of the top third.



Stable Internet Connection

A stable, high-bandwidth internet connection is crucial for maintaining consistent video and audio streams during your recording. Participants should use wired ethernet connections if possible. For the best experience without lag, it is recommended to have at least 5 Mbps upload speed available. You can test your speed at speedtest.net.



Use an External Microphone

We recommend that all participants use external USB microphones rather than built-in laptop microphones or headsets. Microphones like the Blue Yeti or the Samson Q2U offer significant quality improvements.



Use a Quality Webcam

While many built-in webcams are sufficient, we recommend using an external webcam (like those from Logitech).

IMPORTANT: *Ensure Auto-tracking, Motion-tracking or auto-framing is toggled OFF in your webcam settings.*



Minimize Background Noise

Please ensure you are situated in a quiet environment to reduce extraneous background noises and improve overall sound quality. Choosing a small room will also help reduce room echo.



Virtual Branded Backgrounds

Backgrounds are welcome if they don't affect video quality or internet speed. Please have this set up for the rehearsal if you choose to use one. Avoid using a blurred background. When possible, position yourself in front of a clean and natural background.