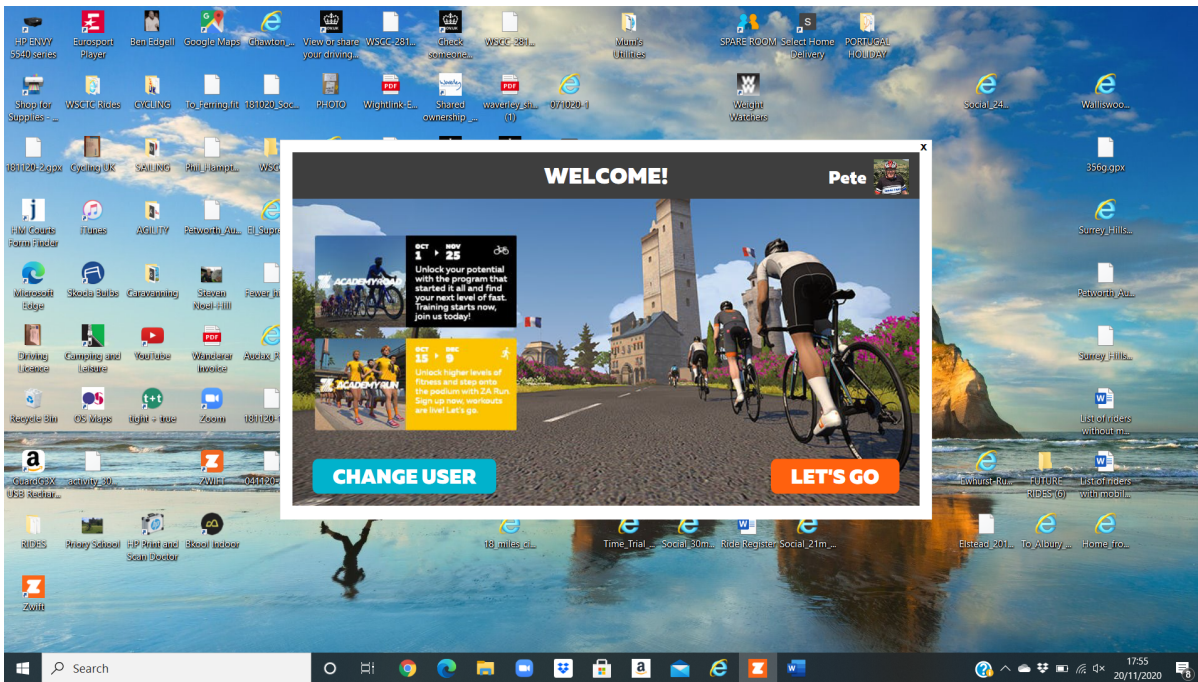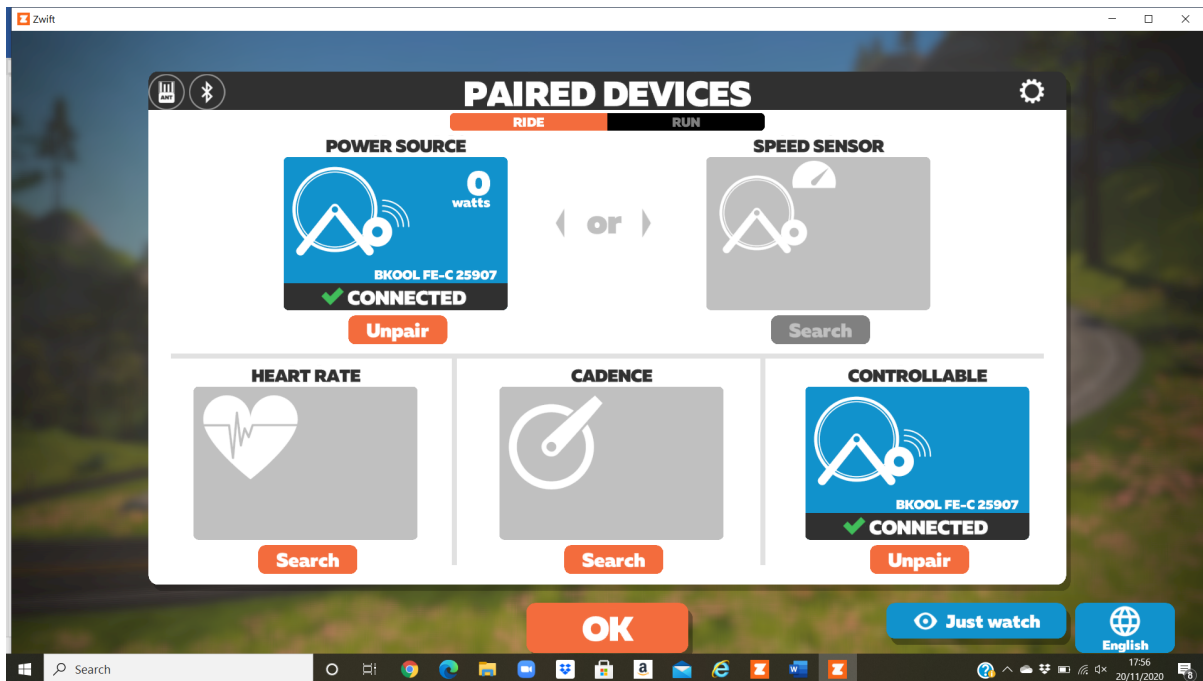# RIDING ON ZWIFT

1.   ON YOUR COMPUTER OR iPAD

Open Zwift by clicking on the (orange Z icon) in taskbar at bottom of desktop (or the Zwift icon in Applications or on the Desktop on a Mac).

Let the app run through all the blue screens and log in screens until it gets to the PAIRED DEVICES screen.

You will then see the Speed Sensor (Top right) This may be light grey colour but needs to be blue for it to be connected. You can also pair a cadence sensor and/or a heart rate sensor if you have one.

If it remains grey then click the search button under the speed sensor and turn the pedals on your bike to wake the sensor up. It should then connect and turn blue.

If it doesn't, then make sure the lead is plugged properly into your usb port and that the Ant dongle on the end of the lead is as close as can be to your speed sensor on your bike. If it is a Bluetooth sensor make sure Bluetooth is turned on on your PC and paired.

When the Speed sensor turns blue, then click the OK button at the bottom centre of the screen and it should go to the next WORLD CHOICE screen. (see below)
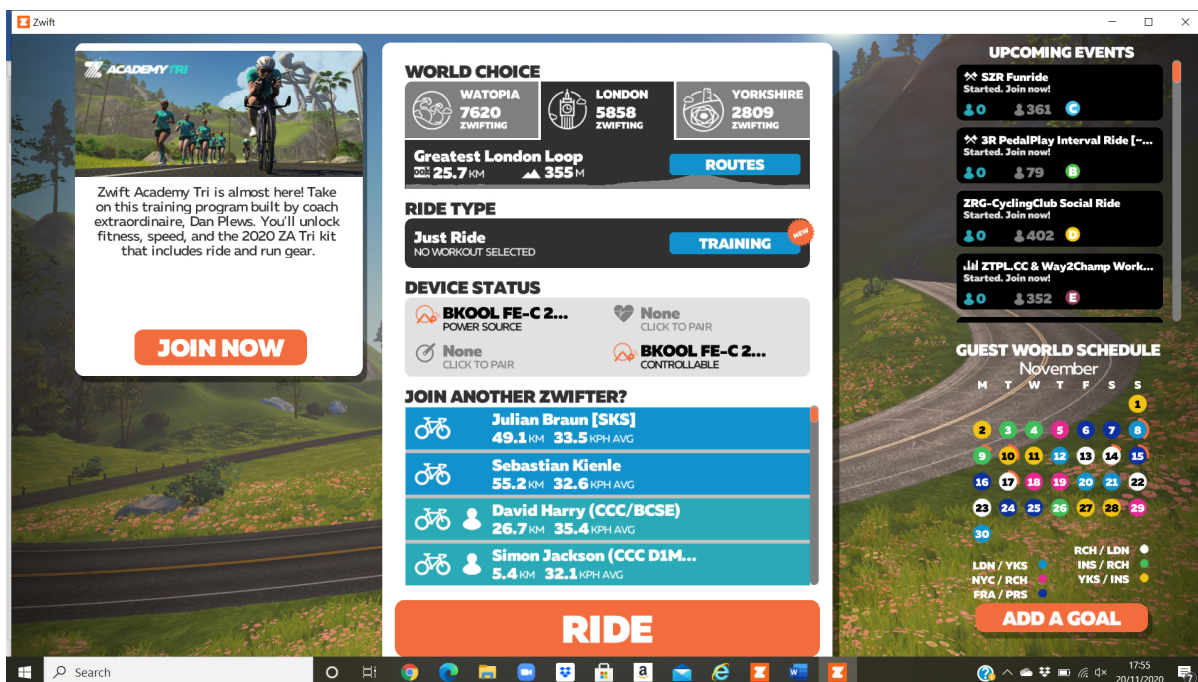
If the World Choice screen does appear then select either Watopia, London or Yorkshire. (Watopia is always a choice but the other two regularly change) Select your route on which ever one you want and then click RIDE.
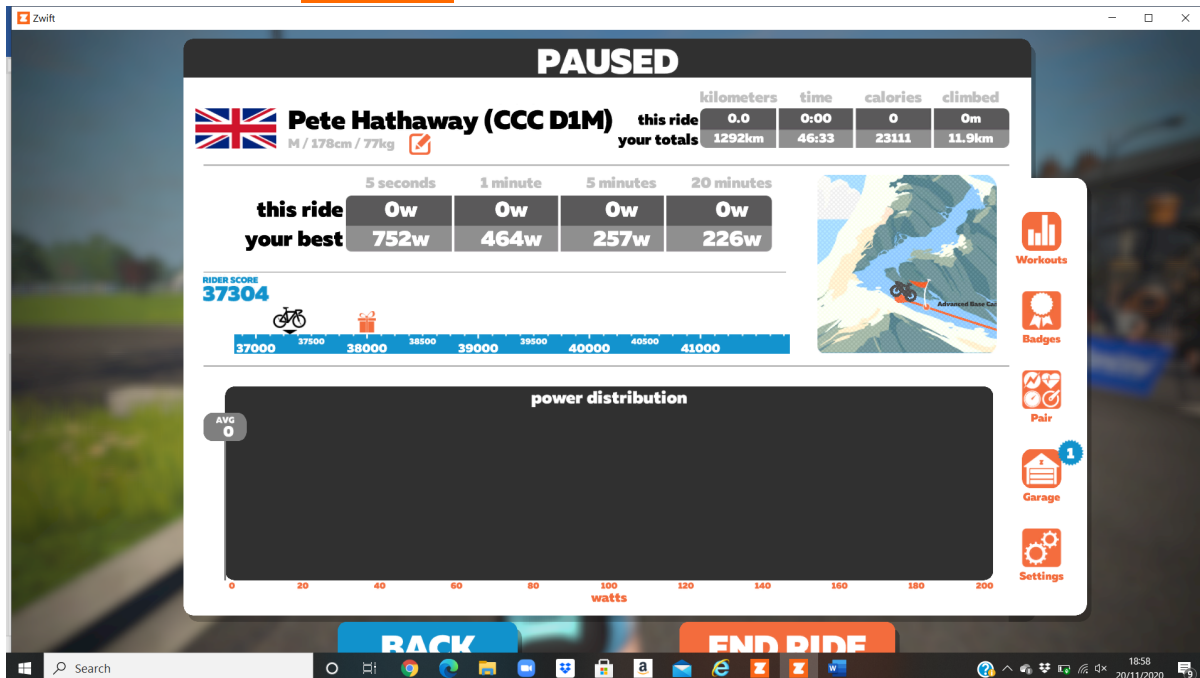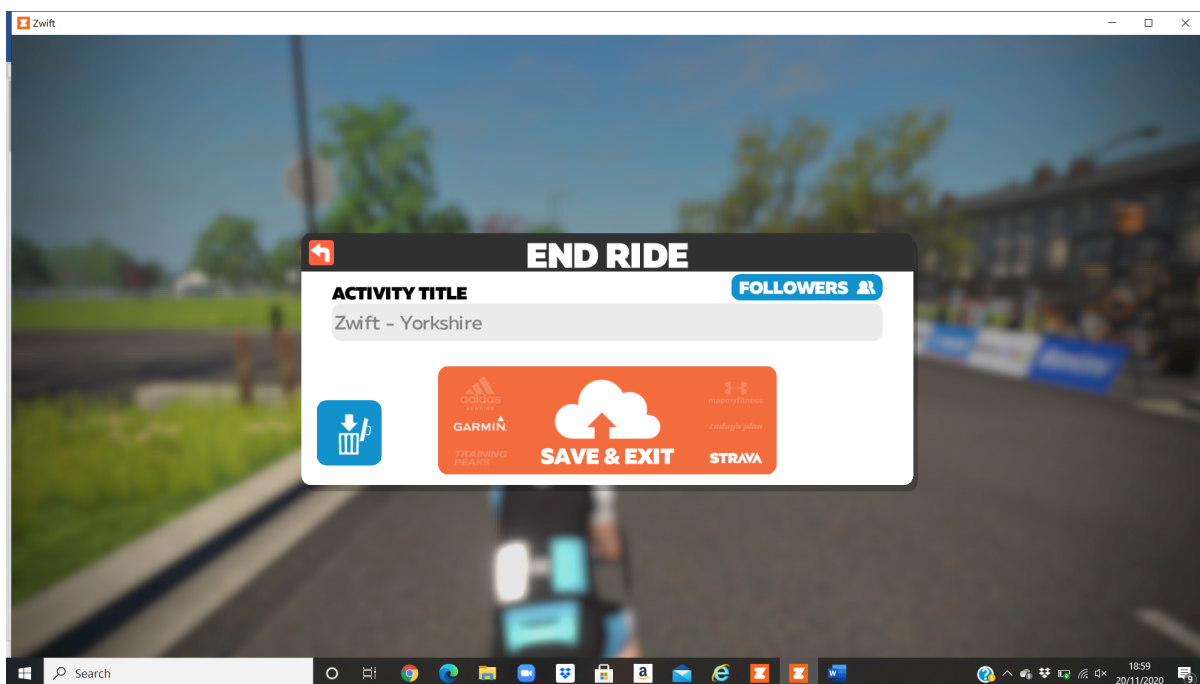
This will take you onto the road with other cyclists.

Start pedalling and away you go.

To end the ride – Click on the orange MENU button on bottom left of screen above.
This will bring up the PAUSED screen below.
Click on the orange END RIDE button at the bottom.

This will take you to the END RIDE Screen below

If you want to save the ride click (SAVE & EXIT)

If you don't want to save the ride click the BLUE BIN
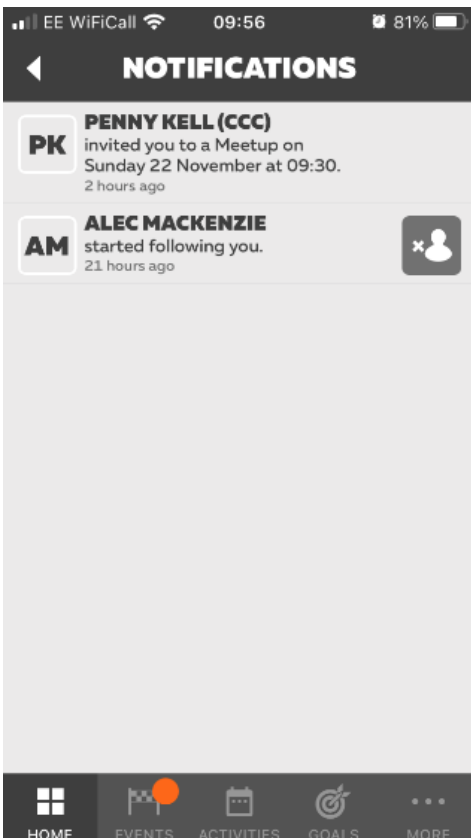ZWIFT will then close down completely

2. ON YOUR PHONE

To join a prearranged 'Meetup' event, download and open the **Zwift Companion App**

Click on the white bell in top right corner (This will only appear if you <u>haven't</u> logged into ZWIFT on your computer)
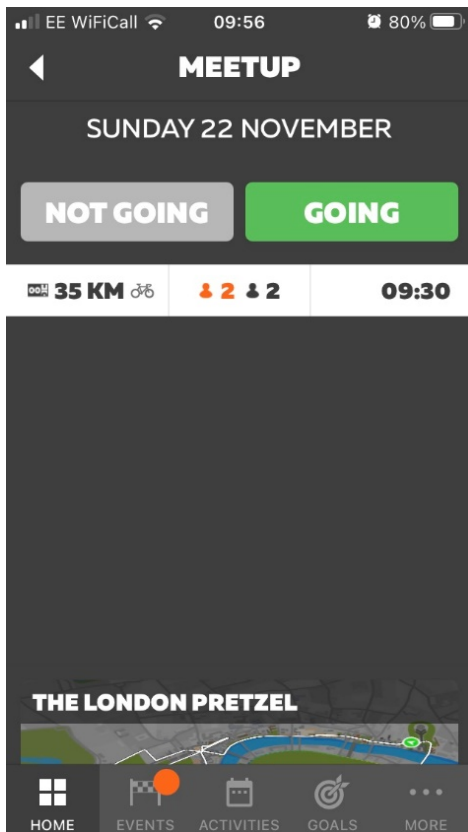
This will open up the notifications window.

If you have logged into SWIFT – In the Companion App (Above) click on MORE in the bottom right-hand corner.
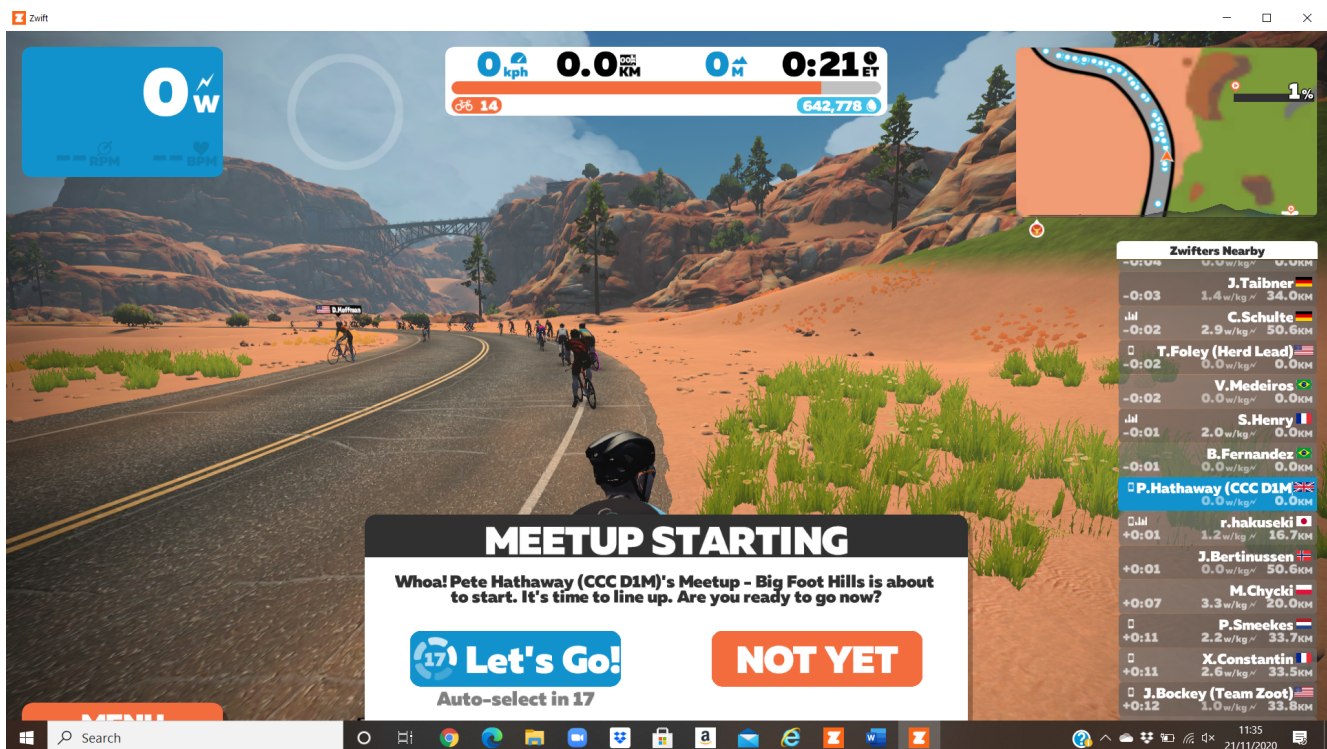
Then click on Notifications

This will open up the notifications window.

In Notifications, if you have received an invite for an event from somebody, click on it.

It will then give you the option to either say going or not. Click on GOING.

Now when you log onto ZWIFT and you are riding on any route, either 30 minutes or 15 minutes before the event is due to start a blue JOIN EVENT button will appear in the bottom left corner of the screen.

Click on the JOIN EVENT and it will take you to the start of the event.

If you don't click on JOIN EVENT button then the MEETUP STARTING box (above) will start automatically.

3. ON YOUR PHONE - DISCORD

Download and open the **DISCORD APP** which will allow you to join a conversation with the other riders on the ride.
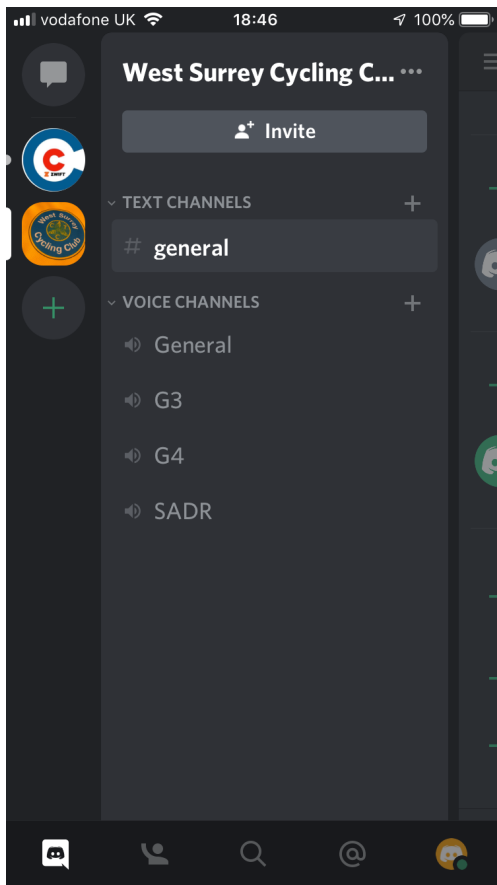
Click the icon for the WSCC Club,

Then click the voice channel for your ride (e.g. G3, G4 or SADR in the example)
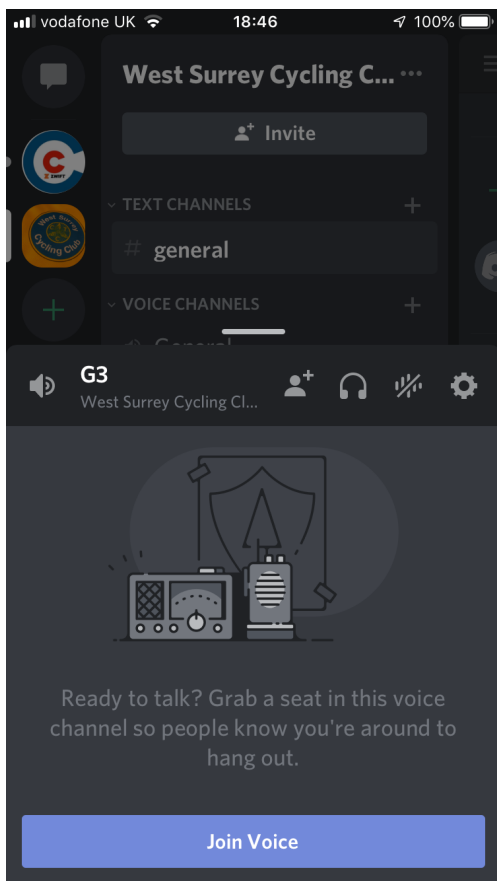
Then scroll DOWN until you see this screen

Then click on Join Voice

You will then see yourself and all other riders in the Club Ride and will be able to talk to each other with earphones plugged into your phone (for best results use a Noise Cancelling wireless headphone).