How to set your default Video setting to OFF

Zoom’s default video setting is ON. If you do not want your video to start automatically when you join a meeting, follow these steps.

1. Open your Zoom client
2. Click “Settings” in the upper right hand corner
3. Select Video. Under Meetings check the box next to “Turn off my video when joining a meeting”
**To host a meeting with video OFF by default for your participants:**

1. Log into your Zoom client and click Schedule
2. Your “Schedule a Meeting” window will open. In the section for **Video (when joining a meeting)**, select OFF
If you are starting an instant meeting from your Zoom client, click “Start without video”