



Prior To Your Online Appearance

Common Issue(s) Internet Speed / Bandwidth	Sub-Optimal	Best
<p>Online hearings require an optimal highspeed internet connection to have both high-quality video and sound.</p> <p>You must check your internet's connection "UPLOAD" ability.</p> <p><u>Upload</u> speeds of 10 Mbps or higher are generally considered adequate.</p> <p>You can find this information by going to websites like: https://speedtest.shaw.ca/ that will provide your upload speed.</p>	 < 10 =	 > +10 =
<p>Many modern routers can broadcast on both 2.4 and 5GHz bands. If you have the option, choose a connection method of 5GHz as it is designed for speed.</p> <p>A wired connection will always be the most stable and most likely to offer highest internal speeds available (internally) to your network.</p>	