Using Zoom video for the first time...

Go to
https://zoom.uk/download

Click the blue button that says 'zoom client for meetings'
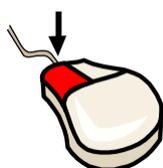
When it asks what you want to do, click 'run'
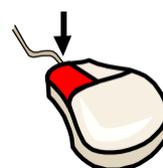
When it has downloaded, click 'open'

Enter your email address and set a password

Close it down, you are all ready! Follow the 'on the day of the meeting' sheet next.