



# Holmes Cycling



**Using Discord for Zwift Training Sessions**



# What is Discord

Discord is a voice application used by gamers all over the world to provide a multi person voice channel for lots of people to talk to each other at the same time over an internet connection. It has recently been adopted by Zwift users to add the dimension of real time conversation allowing an alternative to text messages for interaction with other riders during a group ride. Compared to Zoom or Skype, the advantage of Discord (when set-up correctly) is that it automatically “mutes” the user when not talking, thus limiting the background noise of turbo trainers, fans, etc. – See later in this document for optimising microphone sensitivity to cut out background noise.

It’s best if you are able to use a headset with a microphone during your Zwifing as this helps a lot with background noise. Using the speaker on your phone is ok to hear what’s going on if you don’t have a suitable headset but the phone’s built in microphone does pick up a lot more background noise when you are talking to the group so if you have to use your phone’s internal microphone please stay on mute all the time unless you have a quick comment to make.

## Step 1 - Setting up Discord on your phone

The simplest way to complete the set-up process is to have this document open on a laptop or tablet then it can be referred to as you carry out the set-up process on your phone. Or of course you could print it out if you must 😊

Setting up involves downloading the Discord App to your Android (via Google Play) or iOS (via App Store) phone, creating a user account and connecting to the Holmes Cycling Discord Server so you can talk to others during your Zwift training session.

We will not need to use most of the features available in Discord apart from the simple “Voice Channel” facility.

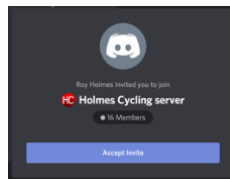
Later you will follow a link to the detailed set-up information on the Discord Help pages, but take note of the following overview, explaining that once on the Discord Help pages, you only need to follow the instructions in the sections in **Bold**: -

- **Creating an Account** – Note you will get an email to verify your email address
- **Setting up an Account**
  - *Changing your Avatar (IGORE)*
  - *Adding Friends (IGORE)*
  - *Sending Friend Requests (IGORE)*
  - *Adding a Friend in a Server (IGORE)*
  - *Accepting Friend Requests (IGORE)*
- **Joining Servers**
  - ⇒ Follow the instructions to “Manually Enter a Server Invite Link” and enter the link below.


<https://discord.gg/22sNpeP>

(Watch for capital letters which must be entered as shown)

⇒ Or - if you are using your phone to read this document you can simply click the link and you will see the following message: -



⇒ Click on Accept Invite and you will be linked to the Holmes Cycling Discord Server.

⇒ To confirm you are connected you should now see the Holmes Cycling Logo  at the left-hand side of the screen.

Now you have read this overview of the set-up process, follow the link below to go to the Discord Help pages to see the detailed instructions and complete the set-up. After completing the set-up there are a few more settings to check out, specifically to make the microphone work correctly so it avoids picking up all the background noise of turbo's, gears, fans, etc. After visiting the Discord Help pages via the link below, **please come back to this document to complete the setup.**

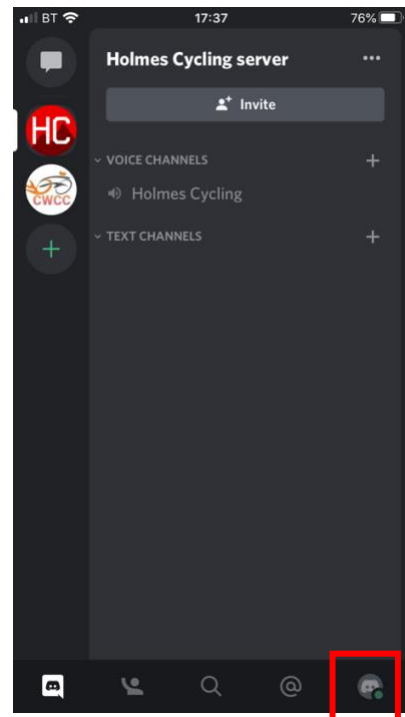
<https://support.discord.com/hc/en-us/articles/360046618751-Getting-Started-on-Mobile>

## STEP 2 - Setting voice input sensitivity

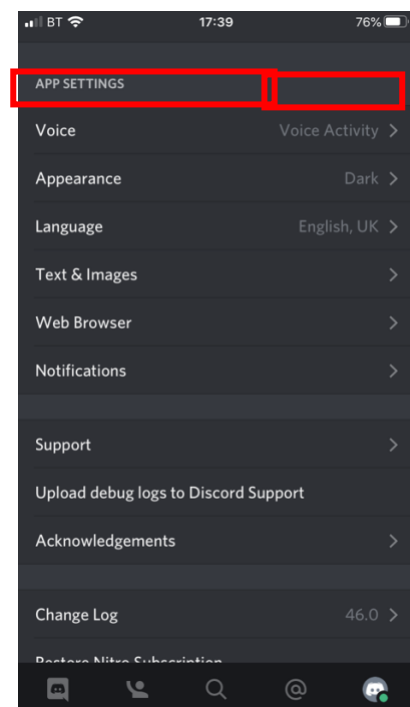
Please make sure you carry out these extra steps to avoid creating a lot of background noise on the channel when connected – remember we are all going to be on the same voice channel so any background noise coming from one person will be heard by everyone on the channel !!

The following instructions help to ensure Discord works well with as little background noise as possible.

1. On the Discord home page, click the icon at the bottom right of the screen.



3. On the displayed page scroll down to the APP SETTINGS section and select Voice Activity



4. Make sure Input Mode is “Voice Activity”

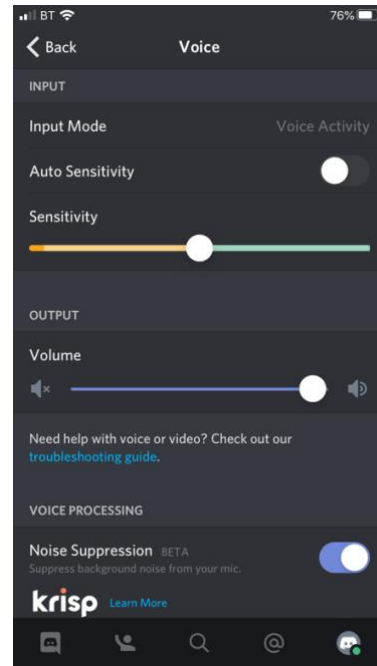
Auto Sensitivity should be “Off” which will display a slider control.

Moving the slider to the left makes the microphone more sensitive so it picks up more background noise. Moving the slider to the right makes the microphone less sensitive so you have to speak louder. Experiment with this control to find the best setting for your environment so background noise is limited. Start with the slider in the middle.

Set Volume to max – this is the volume you hear in your headset.


Switch Noise Suppression on.

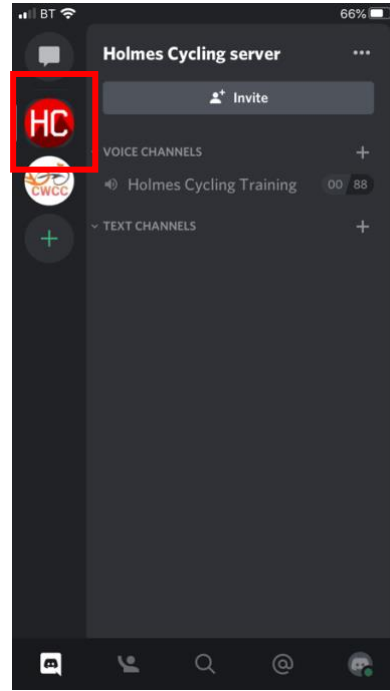
Leave all other settings as they are.



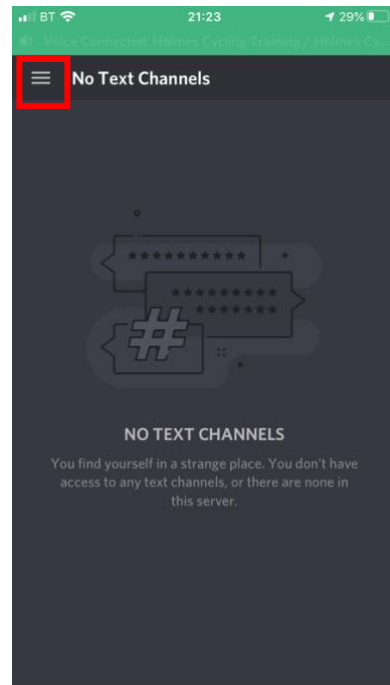
## STEP 3 - Join the relevant voice channel

Each time you use Discord you will need to connect to a Server and the specific Voice Channel you wish to use. A server can have many different Voice Channels to keep conversations separate. You may only have the Holmes Cycling Server in the list on the left so all you have to do is follow the instructions below to select the correct Voice Channel for your particular group.

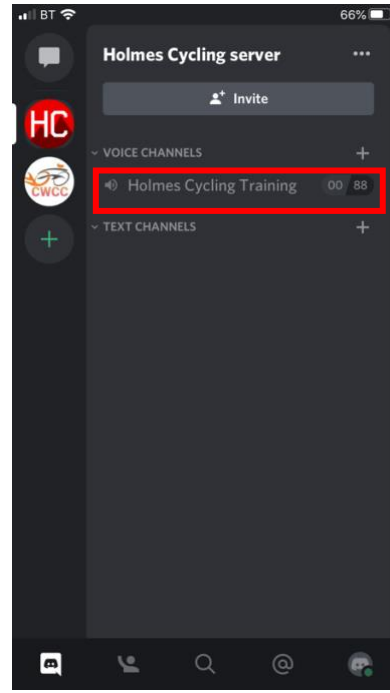
- 1 On your home page, click the  Server which will be top left.



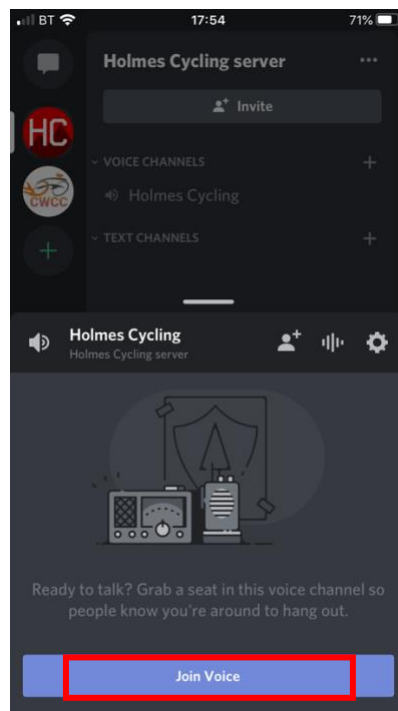
- 2 If you see this screen, click on the 3 lines icon top left which will take you back to the following screen.



- 3 Select the “Holmes Cycling Training” Voice Channel or the relevant Voice Channel for your group.



- 4 Click on “Join Voice” and you will be connected to the group chat.



5 Once connected you will see this screen with controls at the bottom of the screen. From left to right they are: -

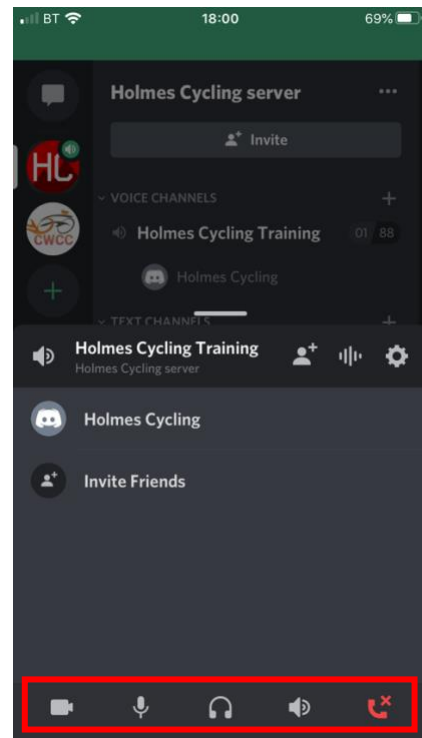
- Turn on Video – **DO NOT USE**
- Mute/unmute microphone
- Turn off/on headset
- Turn off/on speaker
- Disconnect

As other users join you will see them listed here.

**Please go on mute as soon as you join to keep background noise to a minimum.**

When not muted, the microphone should only turn on when you talk and it will auto turn off again when you are not talking.

**Always hang-up at the end of the session or you will remain connected indefinitely.**



**Welcome to the world of group rides on Zwift with the added feature of voice chat – that is as long as you have enough breath to be able to chat as you ride 😊**