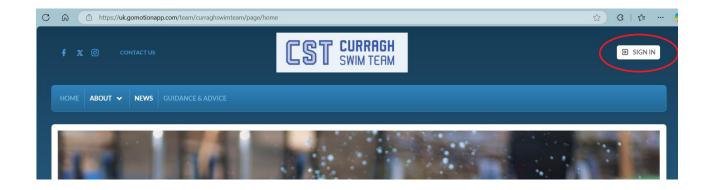


# How to sign in and out of the website

In order to sign in or sign out of your team unify account via the website please follow the below steps.

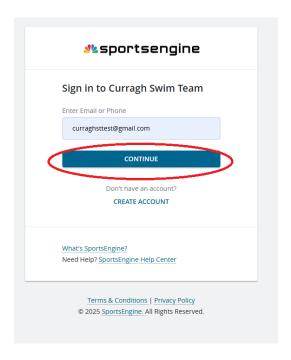
### Step 1

Log in to account using the website. This can be done by going to <a href="https://uk.gomotionapp.com/team/curraghswimteam/page/home">https://uk.gomotionapp.com/team/curraghswimteam/page/home</a> and clicking on the button that says "sign in" as shown below circled in red.



#### Step 2

This will bring you to the screen below where you enter the email address that you used to create the account in the box in the centre of the screen and click the continue button shown circled in the picture below.



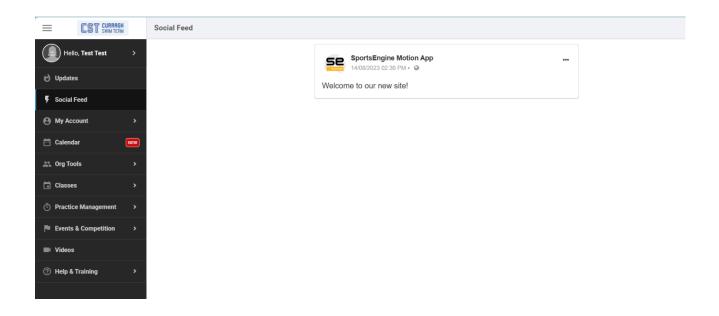
#### Step 3

Enter the password you have created for the log in email address in the box in the centre of the screen and click the "sign in" button shown circled in red in the picture below.



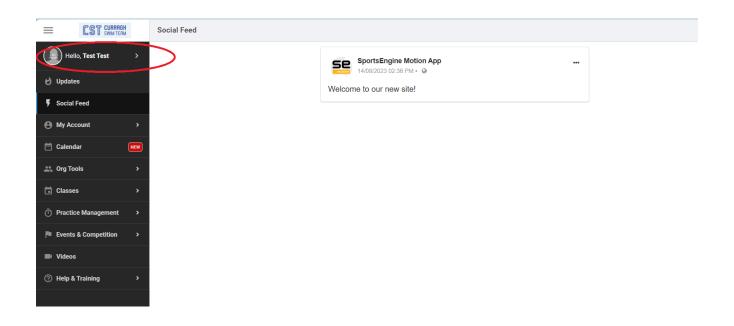
# Step 4

This will bring you to your account log in screen that will look as below. You are now signed in.



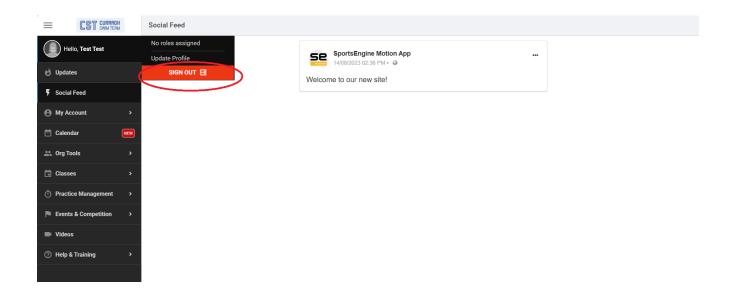
# Step 5

In order to sign out click on the top box on the black panel on the left where it says hello. It is circled below.



#### Step 6

A menu will pop out to the right side of the box, with a red box with the words "sign out" written on it. Click this box. It is also circled in the image below.



### Step 7

A pop-up window will appear in the middle of the screen asking you to confirm your choice. If you wish to sign out click the green button that says "sign out" as shown circled in red below. You have now signed out of your account.

