

CSIA Tactics Video Guidelines

Welcome to the CSIA Tactics Video Guidelines document! This document serves as a guideline when filming the tactics video resource to ensure consistency, professionalism, and creativity in our video productions.

Please look at the guidelines below carefully when filming your tactics video, this is to ensure the highest quality.

Settings:

To capture the highest quality videos on an iPhone, follow these settings:

- Resolution and Frame Rate: Go to Settings > Camera > Record Video. Choose the highest resolution available, such as 4K at 60 frames per second (fps), for the best quality.
- Format: Select the High Efficiency option under Settings > Camera > Formats. This preserves video quality while minimizing file size.
- Stabilization: Enable Optical Image Stabilization (OIS) and/or Cinematic Video Stabilization (available on newer iPhone models) for smoother footage. These settings can be found in the Camera app. If using cinematic, please change to high 'f' stop (top right hand corner of the screen).
- Exposure and Focus: Tap on the screen to set exposure and focus on the subject. If necessary hold until the yellow sun appears and drag up and down to change as required. This ensures proper lighting and sharpness in your videos.
- HDR: If your iPhone supports it, consider enabling High Dynamic Range (HDR) for improved color and contrast in challenging lighting conditions.
- Grid and Level: Use the grid and level features in the Camera app to ensure your shots are well-composed and level.
- External Accessories: Consider using external accessories such wireless microphones. High quality ones can be found on Amazon for around \$30.

How To Film:

When filming from a phone ensure you follow the guidelines below to maintain consistency and social media format:

- Film Vertically.
- Use 1 Take to minimize editing requirements.
- Video should be 45 secs - 70 secs maximum.
- Script your dialogue word for word so we can get the French/English version transcribed for subtitle use, as **all** videos will be bilingual.
- Please submit the video along with the dialogue word for word in the video.
- Ensure the skiers' full body and skis are in frame for context.

- Include who you are and what ski school you are working at.
- Include Terrain, actions and assessment in your video and in the transcripts for the recap section of the video. What terrain you are using, what actions are you working on, and how does it help your assessment.
- Send the footage via wetransfer (its free up to 2gb per day), to TEC@snowpro.com

Checklist

When sending the video to the TEC committee please ensure that you include the following:

- Your video.
- Transcript of spoken language in video for translation.
- Note of Terrain, Actions, and Assessment.

If you have any questions please contact the TEC committee at TEC@snowpro.com

Thank you for being a part of our Tactics Video Series. Happy filming.