Best Practice Checklist

Follow these guidelines and you won't go far wrong:

Please note; this checklist is for guidance purposes. However, failure to achieve the below criteria may result in a swim being discarded from the published results.

- Firstly, ensure that the swimmer is racing no more than 2 lanes away from you as the person filming (near side of the pool please). ✅

- Ensure that you have sufficiently zoomed in to get a clear picture of the swimmer for the race (don't have to zoom in/ out during the swim). ✅

- Start recording several seconds before the race starts, capturing the swimmer getting onto the block or jumping into the water. ✅

- Get a clear view of the starting signal in the shot (i.e. strobe light or hand clap). *Please see technical requirements for the rules here.* ✅

- Walk up and down the pool, following the swimmer at roughly the same speed, ensuring that the swimmer is in the middle of the shot (see best practice video). ✅

- Ensure that picture is not obstructed at all (i.e. lifeguard or coach blocking view). ✅

- Ensure that you get a clear view of the swimmer touching the wall on the finish (see next page & best practice video). ✅

- Ensure that you film the whole race (including a few seconds after the finish). ✅

- Have a few practice runs before you film the actual race. ✅

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Best Practice for capturing the start & finish

- Ensure the start signal (the sound) coincides with a clear **visual** cue. Ideally this should be a strobe but alternatives include: a clapperboard, a balloon (burst), a hand clap. *It is essential that there is a clear <u>visual</u> indication of the start of the race in shot.*

- Ensure that you obtain a clear and close view of the finish. *See below for some good & less than good examples from the Race the World 2020 Heats.*