



Running a rehearsal online

VIDEO GUIDELINES

**adapted from the Community Opera Dalia
created by Garsington Opera**

Mind the Gap



Before you start

You will need a camera phone, ideally work in pairs during the session and film each other.

- Make sure that you have enough storage space on your recording device; video files can be very large esp. If you are filming in a high resolution. We suggest you film in HD - 1920 x 1080 pixels. Make sure your device is charged so you don't run out of power while you're recording.
- Either record yourself or ask someone else to record you, but keep the phone camera still – and allow the action to happen!
- Film in landscape rather than portrait
- Be aware of what's behind you, plain backgrounds are ideally what you are looking for in order to see you and your movement.
- It's really important that you have a bit more space for some of the scenes so you can see your movement.
- Avoid filming with a window directly behind you as you will be in shadow.

Prepare to record

- If you are filming yourself hold your camera up so that the camera is facing you at about face level, approximately three to four feet away.
- During the session, film mid-shots of each other in order to see your head and shoulders and hand movements, rather than too wide or too close up.
- Here are some other picture composition terms that you can use during the session
 - ◆ Extreme Close Up – eg. “an eye, or detail like a flower petal”
 - ◆ Close Up – eg. “a face”
 - ◆ Wide Shot- eg. “a whole person”
- Dress code – think about the dress code that works for your recording and create guideline
- Wear solid colours and try to avoid stripes/checks or patterns as they can create a distracting double vision effect on film)



Video time!

- Make sure that you are comfortable and free from distractions.
- Hit record on the device you are using.
- Try to record at least 5 seconds before you start and record 5 seconds after the last movement.
- Make sure that you are comfortable and find your own natural pace.
- The more comfortable and natural you are, the better the video.
- Make the most of your emotions through your facial expressions.
- The first one or two takes are generally considered practice – allowing you time to get your rhythm.
- Edit your video or add special effects.