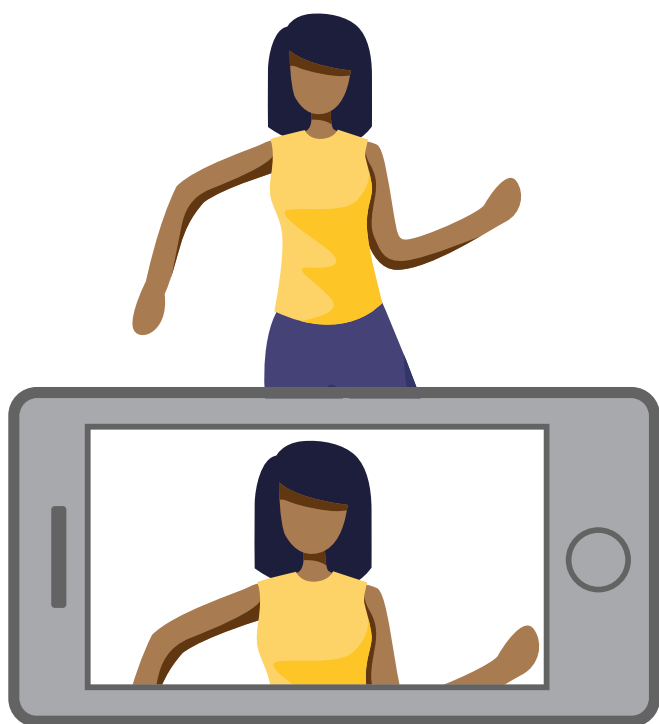


Best Practices for Recording Video

**Special
Olympics**
New Jersey



Close-up/Interview



- Hold the phone/camera horizontally
- Leave a little bit of head room
- Center the person
- Move closer (don't use your zoom)
- Have the person speak up
- Make sure there is light shining on the front of the person
- Pause for a few seconds before and after speaking

Action



- Hold the phone/camera horizontally
- Include full bodies (head to toe)
- Center the action
- Try to move close (don't zoom)
- Don't record into the light/sun

Upload your videos to SONJ here:
<https://bit.ly/2Jd9JA5>

Any questions can be directed to communications@sonj.org.