

A guide to Race Filming

Camera Requirements & Filming Requirements

BRITISH
PARA-SWIMMING

Camera Requirements

Just need a camera, phone, tablet or handheld device that:

Essential:

- Captures a minimum of 30 frames per second (fps). Ideal scenario is 50-60 fps.
- Captures in Standard Definition (SD) video quality. Ideal scenario is High Definition (HD) (most phones do this; 4K is not necessary).

Advisable:

- If settings allow for the adjustment of shutter speed, then a setting between 1/180th to 1/350th is advised.
- Capture settings – most phones & tablets allow for a 'Most Compatible' option. Please use this if available.

The options above can usually be set up using the 'settings' options within the camera, phone or tablet.

Note: the majority of tablets & phones over recent years would meet the above minimum criteria anyway.

Note: Race Analysis team willing to support if some coaches & athletes wanted to obtain a standard camcorder (50Hz).

Filming Requirements

When recording a swim, please ensure that the video meets the following criteria:

Essential:

- Captures start of swim (ideally several seconds before start of swim). The starting signal (audio or visual) needs to be recorded.
- Maintains swimmer in the shot at all times.
- Clearly captures the end of swim and the swimmer touching the wall (ideally record several seconds after end of swim).
- Is a full, non-edited video file.

Advisable:

- Places swimmer in center of the shot, with approximately 1 lane of view on either side of the athlete swimming.
- Captured at a vantage point of greater than 1.5 meters above pool level (ideally from the stands if there are any), in a position close to finish end of the pool (i.e. within 2m of the wall).
- Doesn't use excessive zoom.

Best Practice Checklist

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

- Ensure that your device is recording several seconds before the race starts ✓
- Try to film at least 1.5m above pool deck (ideally higher if you can enter any stands) ✓
- Try to film close to the finish end of the pool (i.e. within a couple of meters of the wall) ✓
- Keep swimmer in the middle of shot at all times, leaving approximately 1 lane of view above & below the swimmer ✓
- Follow the swimmer (panning) at roughly the same speed ✓
- Don't worry about using excessive amount of zooming in and out ✓
- Film whole race ✓
- Ensure that picture is not obstructed at all (i.e. lifeguard blocking view) ✓
- Ensure that you get a clear view of the swimmer touching the wall on the finish ✓
- Have a few practice runs before you film the actual race ✓