

ONLINE SWIM VIDEO ANALYSIS GUIDELINES

Equipment required

1. Digital video camera
2. 25m or 50m swimming pool
3. Tripod
4. 1 meter foam noodle or piece of timber that floats as a reference
5. A person to shoot your video

Setup and room

1. Choose a 25m or 50m pool with a clear lane and no waves
2. Avoid bright light (sun etc) shining towards the camera.

Camera setup/assistant

1. Try to keep the video perpendicular to the swimmer at all times.
2. **Side on shots:** The swimmer should be entirely visible in the screen
Your head should not be positioned in the middle of screen and your hands and feet always visible (ie they should not extend past the screen)
3. **Front and rear shots:** Position the camera about 1.5-2m above the water at the end of the pool. The assistant will need to change the focus and keep the swimmer in view.
4. For accuracy the video files size should be 640x480 – smaller sizes

Shooting your video

1. Take the video with the sun shining from behind the person taking video
2. Place the 1m reference foam in the middle of the lane video this for 1-2s
3. Do a swim warm up of at least 10-15minutes and shoot all video at your exact race pace – do not sprint and do not swim really easy.
4. Capture 10 seconds of video swimming from the side – your assistant will need to walk alongside of you at the same pace.
5. Capture 10 seconds of video swimming from the front of the swimmer.
6. Capture 10 seconds of video swimming from the rear of the swimmer.
7. Optional videos: a) swimming using a wetsuit b) underwater footage

Please view our demonstration video.

If you have further questions please contact mark@hert.com.au