

Video Best Practices

Tips to help you create your EC Evaluation Video



Preparation

Plan your video content and set up

Gather your approved lesson plans, set up the arena, prep your demo riders before you begin your video

Have someone with experience to video you

The video does not have to be professional quality, but the footage must be clear and showcase your teaching technique

Keep background noise minimal, wear a Mic

Avoid any noises that will take away from your teaching voice level. The candidate should not be shouting above tractor noises or dogs barking. A mic will ensure that the sound quality is high and the Coach Developers can hear you. Your voice must always be audible

Make sure that the arena is well lit

Don't have your lessons back lit, or in shadows. The videographer can have their back to the direct light coming in to the arena

Use an enclosed area

Indoor arena's are optimal but videos can be done in outdoor arenas weather permitting. If using an outdoor arena take extra care with the sound quality.

Keep the video private

Make sure there are no spectators present when you create the video.

Make sure you have enough demo riders

Group lessons require a minimum of 3 demo riders. Lunge lessons require only 1.

Signing of waivers

If the riders are minors you will need to have the parents sign. Go over the consent form so that everybody understands the content. Keep a copy of the consent form for your files.

Check Videographer's Placement

Make sure the person doing the videoing is standing where they can video the whole arena, ideally where the Coach Developers would stand just outside the end of the arena, in a corner or at the midway point.

Check your own placement

Indoor arena's are optimal but videos can be done in outdoor arenas weather permitting. If using an outdoor arena take extra care with the sound quality.

The Camera is the Coach Developer

Stand where the camera is, imagine what the CD's would see if they were actually in the arena. Make sure your video captures what they would observe if they were present.

Practice your video presense

Have a video done of you speaking, teaching and moving around the arena. What does your voice sound like? Too loud, to quiet? You can find ways to improve how you appear, speak and teach just by watching yourself.

Wear suitable, professional attire

Must wear a correctly fitted ASTM approved helmet if mounted. Must wear gloves to lunge, but not spurs. Helmets are appropriate when lunging. Clothing should be appropriate for the discipline.

Video Best Practices

Make sure you have enough demo riders

Group lessons require a minimum of 3 demo riders. Lunge lessons require only 1.

Demo Riders clothing should be discipline specific

Riders must wear a correctly fitted ASTM approved helmet, boots (rubber or leather) with appropriate heels (e.g. ¼" - ½"). In warm weather riders should wear a well-fitted collared shirt/t-shirt (e.g. polo type) with sleeves. The shirt/t-shirt should be tucked neatly into breeches. A belt should be worn. In cool weather, a fitted jacket, or sweater and vest is appropriate. Lunge lesson student to wear well fitted clothing appropriate to weather, gloves, boots as above, no spurs.

Teaching the group lesson

Check the arena for Hazards

At the beginning of your video show a quick sweep of the arena showing that you have checked for hazards and there are none. Make sure there are no obstructions.

The Tack Check and Introductions

Make sure the camera shows the coach and the rider so the evaluators can see what you do and check. Rider(s) in line up, with view from front

Start your lesson

Explanation Demonstration of practice activities. A wide-angle view which includes the Coach, the rider(s) performing the practice activities, as well as riders waiting their turn (if/when applicable).

Make sure that the topic and progressions are clear

Follow the lesson plan you submitted for marking incorporating the suggestions from the evaluator. Does your lesson capture the introduction, warm up, progressions, cool down and debrief? It all has to be obvious in your video as the CD's can't ask questions.

Zooming and Camera focus

If the zoom feature is used, the horses may be no larger than 1/4 of the screen. Please ensure that you can see both the horses and the riders. The camera should focus on the Coach and rider(s) during any discussions.

Video the lunge lesson

Placement of demonstration

The lunge video should show the horse, student and coach at all times. Show an overall view of the lesson area, check for hazards

Tack Check

Close-up of tacked horse before start of lunging to show fitting of tack and boots/bandages.

Video the Stable Management lesson (instructors)

Check your Placement

Check your placement with the horse and students, can the CD's see you and the students at all times. The lesson can be done in a grooming rack, stall or in the arena depending on the subject being taught

Show your lesson

When you teach your lesson the CD's must see that you are teaching correct skills and the students are learning those skills. Show on the video that this is happening.

Video Best Practices

Filming and submission

Poor quality sound or video

In cases where the Coach cannot be clearly heard and understood, the video will be unmarked and will need to be re-filmed.

The final product

The result needs to provide the Evaluators with clear and cohesive, video and audio of the lessons/demonstrations given.

Show the lesson from start to finish

The result needs to provide the Evaluators with clear and cohesive, video and audio of the lessons/demonstrations given.

One take only

The video submitted must be done in one take, but you can redo the video as many times as it takes to produce the perfect submission. Have your mentor view the video with you before you send the link. The lessons submitted must be done in one take, but you can do as many takes as required to finish up with an excellent video

Length of video

Each lesson must be a condensed version of the lesson plan submitted, and no more than 25 minutes long.

How to Submit

Videos may be uploaded to YouTube in a private account which you will share with HCBC and the two Coach Evaluators. Note: The registration fee includes the evaluation and marking of four video lessons, completion of a detailed evaluation form, and a feedback phone call

Lesson content

Content of the lessons, topics, and requirements are available in the rubrics for each discipline and context. Video submissions must follow the same requirements as an in person evaluation.

Specific skills that the candidate must demonstrate are also available in the rubrics.

This document outlines specific requirements and tips to create a video that will be of good quality and meet the requirements for evaluations.

Submissions must also include Video Release forms, Video Declaration, a lesson plan for each lesson taught, plus an emergency action plan. Candidates should use the plans that were submitted with their application.

Courtesy of Horse Council BC
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