

## RCNi video submission guidelines

RCNi is encouraging authors to submit video with their articles. Your video will be included either in the online version of the article or on social media.

### Video types

**Topic introduction:** A video of no more than 90 seconds that provides an overview of the article, the larger topic being discussed, or otherwise gives insight into its importance/relevance to the practitioner and/or profession. These videos are used on social media, so brevity is vital.

**Demonstration:** If the video is to demonstrate a technique, you can spend longer (around 1-2 minutes) demonstrating the technique, exercise or treatment protocol discussed in your article.

### How to create a video

**Presentation:** Position/focus the video camera so it records you at approximately waist level; no more, no less. We will crop it as necessary.

**Delivery:** Speak clearly, with adequate volume (not shouting, but with a strong voice) and make eye contact with the camera/mobile device/webcam. If possible, memorise what you're going to say or be prepared to speak off the cuff in a professional manner.

**NB:** Please record for at least 5 seconds – looking into the camera – before and after you speak.

**Filming:** Video should be shot against a white or single-colour background if possible. You may have a white/unicolor wall in your office; if not, ensure the background is uncluttered and does not distract from you. A tripod is recommended but, if the camera is not stationary, the camera operator must maintain a still position. Most newer cameras have image stabilisation, which should minimise visible movement.

**NB:** Make a test recording to ensure the lighting and background are okay.

**General video specs:** Record in high-definition video (1920 x 1080). If you have an HD camera and it's set to shoot video at 1080p, that should be fine.

**Transcript:** Where possible, please also provide a transcript of your video. This will be used to create subtitles, ensuring the content we produce is in line with accessibility standards.

### How to send it to us

**Saving your video:** To extract the video, connect the camera/mobile device/webcam to your computer and, using your camera's software, which you should have installed on the computer, save the file as an .MP4, .MPEG, .AVI or .MOV file. Your software may have any or all of these options, depending on whether you have a Mac or PC.

**Sending it to us:** Send the video file to the email address of the editor who asked you to supply it using: Dropbox/WeTransfer/Hightail.

If you have any questions, feel free to contact [artdesk@rcni.com](mailto:artdesk@rcni.com)