

Special Olympics New York Polar Plunge (2020)

Guidelines for filming from home

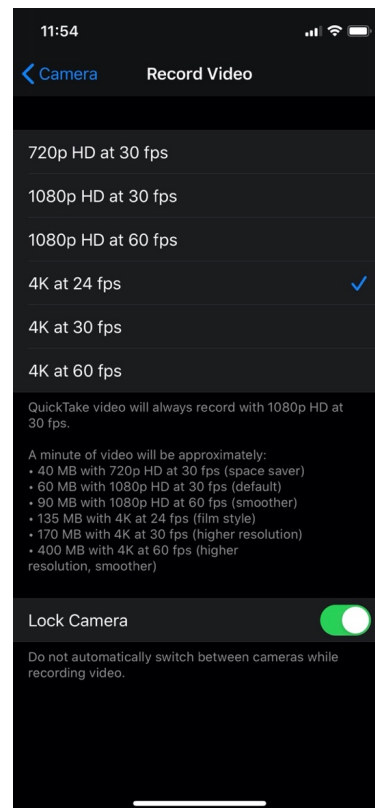
Please shoot in landscape mode, holding your phone horizontally (sideways).

Do not digitally zoom in with the camera.

Please do not wear or display any 3rd party logos.

If using an iPhone, go to your Camera settings (can be found by going to your iPhone's settings) and select either "4K at 24 fps" or "1080p HD at 30 fps" with "Auto Low Light Enabled". Please also choose to "Lock Camera" to ensure consistent video quality.

If you are using a different phone model, please set your camera to it's highest resolution video settings.



When finished, please click [here](#) to upload your files.

Thank you for your participation!