

Level 1 Video Assessment Guidance

To formalise your level 1 qualification, you need to complete a final assessment. As part of the assessment process, you will need to submit a video showcasing you working as an assistant coach.

This guidance document will help you prepare and submit your videos effectively.

We recommend that you film and submit your video in plenty of time before qualification expiry, in case you need to re-record any of the elements due to an issue with the recording or because you have not met the required criteria for passing.

Video Requirements

Coaching skills – Please introduce yourself to the camera before starting your session. This video must show the entirety of your 25-minute coached session in a single, continuous clip with no edits, stops, restarts, or edits of any kind.

Camera Angles: Videos must be recorded in landscape mode to ensure a clear and comprehensive view.

Video Quality: The video should be of sufficient quality to identify all involved and to clearly observe the coaching activities.

Recording Equipment

- We recommend using a modern mobile phone with HD video recording capabilities.
- Consider using a wireless lapel (Lavalier) microphone (or similar) for clear audio, these are available from [Amazon](#) for a relatively small cost. Bluetooth headphones with a built-in microphone can also be an option – however, you may need to check that video recording does not stop when used in conjunction with your headphones. Some phones and headphone pairings require you to download a 3rd party app for you to use the headphones as a microphone when recording. Please ensure that you test sound quality before recording your coaching session with a group. If the sound quality is NOT good enough for the tutor assessing the video to hear what you are saying to your group, your video will not be accepted for assessment.

Camera Setup

Choose one of the following options:

- Have an individual hold the camera, ensuring they stay close throughout the session, without

being obtrusive but showing a wide enough angle to ensure they are recording both you, your group and any 'action'. They must not speak, offer guidance, feedback, or comments during the video. See advice for individuals filming the video for guidance.

- Mount the camera in a fixed position i.e. on a tripod, stationary object such as a block or chair. Ensure that both you and the participants are clearly visible in the frame and can be heard speaking. Make sure that the camera is not going to be disturbed or knocked over during filming and that you and your participants do not disappear out of frame at any point.

Visibility and sound

- Both you as the coach and the participants must be clearly seen and heard in the video - record in landscape mode for a comprehensive view.

Consent

- Obtain the necessary permissions to film participants. All participants must provide consent for filming and its use for assessment purposes. If participants are under the age of 18 obtain you must obtain consent from their parents/carers. If your participant is an adult at risk of harm ensure you seek specific consent from the adult, letting them know how exactly their image will be used. If they lack capacity to consent do not use them in your video. A customisable [consent form](#) can be found on our website.

Content

Introduction

- Start the video by introducing yourself, stating your name to the camera.
- State the date and time of the session, the venue/location, and specify the assessment task the video is for, eg: level 1 final video assessment.
- Confirm that consent has been obtained.

Delivery

- The video should show you assisting coaching a 25-minute coached session on a skill of your choice, (for example wall pops, vaults and precisions) of the main content of your coaching session.
- The video should capture your coaching expertise and interactions with a group of participants.

Background Noise

- Choose a time when the venue or area is relatively quiet to minimise background noise and distractions.

Submitting the Video

Upload to YouTube:

- Sign-in to YouTube using a Google account.

- Click "CREATE" in the top-right corner and select "Upload videos."
- Select the video file you wish to upload.
- Click "Edit" on each file to edit the video details.
- Under "SHOW MORE" in the details page, choose "Unlisted" as the visibility option. Unlisted videos can be seen and shared by anyone with the link but won't appear in search results.
- Click "Save."

Watch the following [video](#) from YouTube on how to upload videos

Additional Evidence

At the same time as submitting your video you will need to send a scan or photo of your lesson plan and risk assessment and copies of consent forms to julie.standen@parkour.uk for forwarding to a Parkour UK qualified level 2 instructor.

Equipment Recommendations and Guidance

Primary Equipment

Smartphone - For the purposes of the assessment tasks, a smartphone is considered adequate for video recording. Most modern smartphones come equipped with high-quality cameras and video capabilities that are more than sufficient for recording coaching sessions.

If you plan to use a fixed camera position:

Stabilisation

Investing in a tripod or GorillaPod is recommended. Tripods provide stability and ensure steady footage. They are available in various forms and price points, here are some [examples](#).



Wide Angle Lens

You may want to consider purchasing a wide-angle lens that can be clipped onto your mobile phone. A wide-angle lens will increase the width of the camera angle, allowing you to capture a broader field of view. This can be beneficial for recording coaching sessions, especially in outdoor settings. Here are some [examples](#).



Audio Recording

Wireless Lapel Microphone

To capture clear and professional audio during your coaching sessions, we recommend the use of a wireless lapel (Lavalier) microphone. This type of microphone can be clipped to your clothing and transmits audio wirelessly to your smartphone and significantly enhances the audio quality of your videos. Here are some [examples](#).



Bluetooth Headphones

An alternative option is to use Bluetooth headphones with a built-in microphone. However, please note that using this option requires additional steps:

- Ensure your Bluetooth headphones are paired with your mobile phone.
- Use a third-party app to ensure the audio is captured effectively. Below are some suggested apps for both iOS and Android:
 - o Filmic Pro (iOS - £12.99)
 - o Cinema FV-5/lite (Android - free)
 - o Movie Pro (iOS - £9.99)
 - o Pro Movie Recorder (iOS - Free)

When purchasing any equipment, ensure that it is compatible with your mobile device. If you do not own audio equipment and cannot afford to purchase any, please contact

Julie.standen@parkour.uk

Advice for Individuals Filming the Video

- You must stay close to the coach throughout whilst remaining unobtrusive.
- When the coach is delivering introductions, giving instructions and feedback consider the positioning of the camera to capture adequate footage. Try to be to the front and side of the coach, not behind.
- Participants should be in the footage but do not compromise the coach's session by getting in the way.

- Footage should show participants performing the activities so the tutor can decide if the advice and feedback being given by the coach is appropriate and accurate.
- The individual filming must not speak. They should not give any guidance, feedback, or comment in any way during the video.

What Happens Next

After submitting your video one of our Level 2 assessors will view your recordings in conjunction with your lesson plan and risk assessment. Once viewed they will contact you to arrange a professional discussion/ feedback summary which will also include health and safety aspects and criteria.

If you have any questions or concerns regarding the above, please contact julie.standen@parkour.uk