

Level 1 Video Assessment Guidance

To formalise your level 1 qualification, you need to complete a final video assessment. As part of the assessment process, you will need to submit a video showcasing you working as a coach (Or assisting if under 18 years of age). You must coach a **group (minimum of 4 people)** as part of this assessment.

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 15-minute coached session in a single, continuous clip with no edits, stops, or restarts 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 third-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, or 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 don't 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, e.g. level 1 final video assessment and what lesson plan you will be delivering, e.g. Butterfly Vault
- Confirm that consent has been obtained.

Delivery

- The video should show you coaching a 15-minute session on a skill of your choice from the lesson plans provided (for example wall pops, vaults and precisions).

- 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

You can upload your video to either YouTube or Vimeo and then email the upload link to Courses@Parkour.UK for viewing by one of our tutors.

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

Upload to Vimeo:

Step 1: Sign up and log in to Vimeo

On the Vimeo website (www.vimeo.com), select "Sign up" from the menu. Register with an active email, password, and any other requirements necessary for the process. Afterwards, use your login information to access your Vimeo account.

Step 2: Access your Vimeo dashboard

Once you've logged in, go to Vimeo's main page and click on your avatar or profile photo. And choose "Go to dashboard" from the dropdown menu to access your Vimeo dashboard.

Step 3: Upload your video

Find the "New video" button in the top right corner of the screen while you're on the dashboard and click it. Click the "Upload" tab found in the pop-up box that will display. You'll be able to choose a video file from your PC using this. From your local storage, select the relevant video file, then click "Open" to start the upload process. Wait for the video to finish uploading. The size of the video file and the speed of your internet connection will determine how long it takes to upload.

Step 4: Set the privacy settings to "Private"

You will be taken to the video settings page after the upload is complete. You may set up several settings for your video here. The "Privacy" area can be found below the movie image and title if

you scroll down. The privacy setting is initially set to "Anyone can see." When the drop-down selection appears, choose "Only people with the private link." By turning on this setting, only users with the specified URL or private link will be able to view the movie.

Step 5: Copy and Share the private video link

The privacy settings can now be changed to "Only people with the private link," and you can scroll back up to the top of the page. Just below the video player, you can see the URL for the video there. This particular URL serves as the video's personal link. Simply click the "Copy" button next the video URL to copy it. You can now send the private video link to us by uploading the link to Sport80.

Step 6: Customize additional settings

On the video settings page, you have access to adjust the settings for your private video. You can choose a thumbnail image for your movie as well as add a title, description. Additionally, you may choose "Only me" or "Anyone" in the "Where can this video be downloaded?" section to limit who can download your video.

Step 7: Save and publish your video

When you have made all the necessary adjustments, click the "Save" button in the top right corner of the page to save your changes. You will be given the choice to post your video after saving. Click the "Publish" button to make your private film accessible to visitors via the private link.

Additional Evidence

At the same time as submitting your video, you will need to confirm the lesson plan you were following and upload a risk assessment and copies of consent forms to Courses@Parkour.UK.

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 enhancing 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:

- Filmic Pro (iOS - £12.99)
- Cinema FV-5/lite (Android - free)
- Movie Pro (iOS - £9.99)
- 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

Courses@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 to Parkour UK, it will be saved on our system and will either remain as evidence of your competence should it be required in case of a liability claim. In some circumstances your video may be viewed in an education setting run by Parkour UK. Once uploaded and processed, your Parkour UK Level 1 certificate will be issued, and you will be a Parkour UK Level 1 qualified coach

If you have any questions or concerns regarding the above, please contact

Courses@Parkour.UK