



2020 Optimist Communication Contest for the Deaf and Hard of Hearing

Checklist for Participants (keep for your records):

Topic: Just iMagine a World without Boundaries

Date: Tuesday, April 28th, 2020

- I have reviewed the rules for the contest with my teacher of the Deaf and Hard of Hearing.
- I have submitted a recent audiogram with my application.
- I prepared my presentation on my own, with minimal help from others (i.e.: teacher, EA, parent, etc.)
- When I present, I must state the official topic, "Just iMagine a World without Boundaries" and then continue on with my presentation.
- My presentation is between 4 and 5 minutes and starts after stating the topic.
- I know there must be no costumes, props or special clothing to be used in my presentation.
- I will wear dress clothes (e.g. dress pants or skirts, dress shirts, modest hemlines and necklines, dress footwear).
- I have a choice to provide a written copy or a video of my presentation. Winners must provide a transcript of their presentation to the sponsoring Optimist Club in order to be added to the scholarship database.
- Written Presentation
My presentation is typed up double-spaced in size 12 Font and emailed to office@popdhh.ca in Word or PDF format.
- Video Presentation in ASL – per video submission guidelines.
My ASL video is emailed to office@popdhh.ca via YouTube, Google drive, iCloud, Dropbox link, or any other secure file transfer method. *The school cloud will not work outside school district.



Optimist Competition – Video Submission Guidelines (adapted from <https://rid.org>)

1. Framing

Make sure your video is in landscape (widescreen), and not portrait

2. Eye Contact

Make sure you are looking into the camera and not at yourself on the screen

3. Camera Angles

If you are using a laptop camera to record your video, keep the camera level with your body. The lens should not be angled up or down, you want to be looking forward.

4. Lighting

Bright or natural light is best, avoid backlight. To do this ensure you are not standing with any light sources behind you. ALWAYS avoid filming under fluorescent lighting, because the lights can cause skin to look green and the lights can cause a strobing or striping effect on video.

5. Background

We recommend that use a plain, solid background that is free of objects and clutter. Remove objects in the background that are distracting.

6. Steady Camera

Your camera must be set up appropriately in a safe and steady position. It is best if you use a tripod with your device. If you are using a laptop, make sure it is set up on a desk or a table, level with your eyesight.

7. Clothing

Attire should be an appropriate color, keeping to solid colors and avoiding patterned tops. A general rule of thumb for videos in ASL is to wear a shirt that is an opposite hue of your skin, i.e. darker skin tones should wear lighter clothing, and lighter skin tones should wear darker clothing.

8. Footage Speed

Please do not speed up or slow down your footage for any reason.

9. Camera setting

Short answer for the techies: H.264, 1080p, 30i or 24p, .mp4 or .mov

Long answer for the non-techies: Make sure that your camera is on this high definition setting (720 p or higher). When you export, if it gives you an option for compression – use H.264. This should export as .mp4. If you are required to choose something else, please choose .mov. Both formats are acceptable to upload to Youtube and share with us via private link.

