



# Top Tips For Filming On Your Phone

**For players 16+, parents/carers, spectators,  
coaches, match officials and club members.**

Thank you for making sure football is safe and enjoyable for everyone, everywhere, every time.

This is your chance to tell us about what you do to make the game safer.

Using the top tips below, film yourself talking about your role, and with your consent, upload your content to [jotform.com](https://jotform.com) for an FA panel to review.

If picked, your video could feature on EnglandFootball.com / TheFA.com, and their social media platforms reaching thousands! So make sure you're happy with your video being shared widely, and if you want to be tagged in the posts created, check your social media privacy settings are suitable.



In partnership with  
**NSPCC**

# Getting started:

**If you're under 16, you must have your parents/carers permission. Get an adult to help you film it and upload your video for you.**

- If possible, film somewhere relevant to your role.
- Ensure the environment is well-lit so the camera can see you clearly.
- Make sure you can be heard - set up a quiet space to avoid background noise.
- Be mindful of who might be in the background, avoid others being seen in the shot.
- Film clips at full length so you can appear in full view of the camera. It helps us show what you do.
- Try to feel comfortable and confident! Do as many practice takes as you want.
- Film some clips of what you do - this could be a selfie video, or get someone to film you.
- Photos are very welcome too!

## **TIP!**

Always film for at least 10 seconds longer than you think you need.



**Filming example:** use the camera grid as a guide for where you should be standing in the clip.



**Filming example:** make sure any in action shots clearly show what you do - like coaching or admin tasks.

# Questions to answer:

Keep your answers less than 30 seconds each.

## 1 - ABOUT YOU:

Who are you and what's your role at your club?

### ANSWER WITH:

"Hi my name is (NAME) and I work/volunteer at (CLUB) as a (ROLE)."

## 2 - SAFEGUARDING:

What do you do to keep people safe on and off the pitch?

### ANSWER WITH:

"In my role, I keep people safe by (EXAMPLES)."

## 3 - TOP TIPS:

What top tips can you give to people who are in similar roles and want to keep football safe?

### ANSWER WITH:

"My top tips for anyone in a similar role are..."

### TIP!

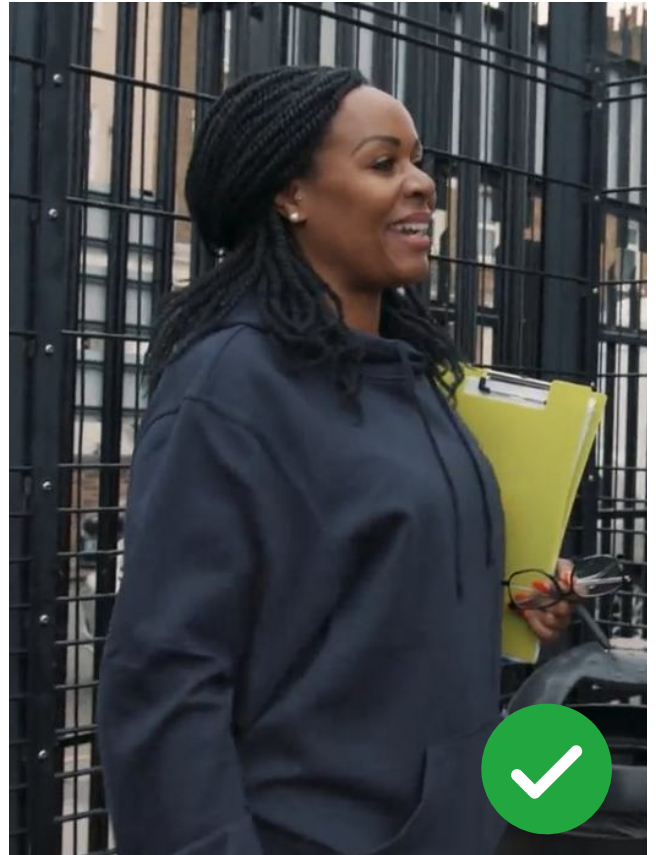
Take time to plan your answers. Pause and think how to clearly get your point across.





# Visual references:

## What to do:



## What NOT to do:

