



Bonus POV Filming Guide

Shoot Like The Pros

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Free guide to Point of View Videos: A revolution in Action Sports Film Making.

Thank you for choosing Point of View Cameras,

The adventure's just begun. Point of view videos are about showing others (and sometimes yourself!) your own experience, and how you see the world. Whether its on the mountain or in the desert, jungle, under the water or in the air. It's your perspective and your lifestyle. POV (or Point of View) Cameras have revolutionized not only action sports film making but also and the way people capture extreme footage like never before. No limits. No boundaries. The Tips and hints we offer below on how to create action packed video is not only our way of thanking you for your business, but also because we want you to get the most out of your camera. Its your hard earned money, and we want you to get full advantage out of it and take your video to the edge. As has been said "Pics or it didnt happen!" has now become "Video or it didn't happen!". Use your new camera to prove not only that it happened, but to remember some of the most fun days you will have in your life.

We also want to thank you. We know you have choices out there so thank you for trusting us with your business.

Stay safe out there boys and girls, and have fun.

The PointofViewCameras.com Team

For more tips check out our [pov blog](#) !

"Do not go where the path may lead, go instead where there is no path and leave a trail". ~
Ralph Waldo Emerson



Contents:

- A. Up close and personal: Where to mount your Helmet Cam
- B. 5 Great ways your helmet cam can improve your sport
- C. The ten Golden Rules of Point of View Camera filming
- D. Going Pro - Editing your Videos

[A. Up close and personal: Where to mount your Helmet Cam](#)

Almost all of our helmet cam mounting packages provide a ton of options and mounting solutions. As you get cozy with your cam, you'll find the best shots and angles for what you want to capture, but here are a few tips and suggestions so that you don't get into the same old habit without exploring all the options available.

1) Top o' the Helmet

Your best bet is smack center on the top of the helmet, for a relatively stable, motion-free mount set up. It balances out your view and the top angle gives you a nice line of the horizon. If you're an aggressive rider/skier, and you angle your head down, then you want to set the helmet cam up so that it's further back toward the crown. This is especially important for downhill mountain bike/motorcycle riders and skiers/snowboarders.

2) A little helmet Cam on the Side?

One of the advantages of mounting the helmet Cam on the side is avoiding branches hanging down on trails that might otherwise hit and disconnect the camera. If the camera has a sleek camera head like the [POV 1.5](#) , or the [HCR-100X](#) don't worry, the head is small enough that this will not be an issue. For your all in one cams like the [Twenty20 VholdR](#) , a side helmet mounted set up can work out better on the trails. Any other reason why you'd want to mount the Helmet Cam to the side of your helmet? The side mount will give you an

eye-level sight line, and could help you avoid any sight blockage from a rider directly in front of you.

3) Reverse Helmet Cam

My personal favorite. If you want to get a bit creative try turning the helmet camera around backwards on your helmet and shooting the front of your buddy. This angle can be one of the coolest shots, especially if you can keep the rider in the frame. If you're hitting doubles or any other jumps the rider will enter and exit the frame a considerable amount.

The trick with the 'Reverse Helmet Cam' shot is to locate the camera as far back on the crown as you can so you don't shoot the sky. Once again keep in mind the terrain and how aggressive of a rider you are when lining up the shot. It will take a few attempts to get it perfect, but when you do, this helmet camera angle rocks.

4) Mounting to your bike or motorcycle

Tubular rail or handlebar mounts, are a great way to mount to your bike for a lower angle and different perspective, however, if you're riding off road you'll find out that the picture can get pretty bouncy and hard to watch. There may also be issues with longevity of the recording unit if you're using an all-in-one system like the Go Pro or the [Twenty20 VholdR](#) , and you've mounted it onto the cycle. The issue with longevity of the recording unit can be avoided though if you're using a system like the [HCR-100X](#) or the [POV 1.5](#) with the recording unit tucked next to your body in a fanny pack or [pouch](#), and the camera mounted to the bike. Another great option to try is mounting the camera onto the handlebars facing the rider.

5) Mounting for water sports

Mount to your surfboard, kayak, windsurf etc, for water sports. Keep in mind, however, your frame of reference; ie, if you're kayaking etc, you'll want to mount the camera so that at least the nose is viewable for a frame of reference. Keep vibration in mind. The further you mount from center of gravity, the more vibration and motion will take its toll on the steadiness of your picture. Mounting on your surfboard makes some of the most exciting video. I personally like videos with the mount at the front end of the surfboard facing back at the rider, so you can see his/her form, face and the waves. Mounting from the back of the board looks good as well, again facing the rider, but it's far less interesting when the camera's not facing the rider. Go Pro Cameras all come with waterproof housing, and the [POV. 1 \(1.5\)](#) is water resistant up to 1 m for 30 minutes.

6) Mounting to your body.

Some great new mounts have come out for body mounting, useful for all kinds of applications, including the unconventional (hands-free spying on neighbors etc.:)), . (check out the '[chesty](#)' hands free option for the go pro camera that mounts to the body like a harness - this is great as it allows you to share the helmet camera (without having to share the same helmet). Mounting to your body absorbs shock, and gives you more versatility. If you have a [POV 1.5](#) (or POV 1) or [HCR-100X](#) set up, then you have some additional freedom to have the recorder attached to your body, (shock-free, preventing skipping on rougher terrain) while the camera head can be attached to your helmet or bike. You'll notice in general that the footage over bumpy roads or terrain will be better when you're not sitting, than when you are.

7) Mounting to your horse or dolphin.

For this we recommend you use the digestible system integration unit fed directly to your horse or dolphin, gives you point of view action filming directly from their retinal sensors, transmitted to a DVR (Digital Video Recorder) unit attached to your body. Just kidding, wanted to see if you were paying attention:)

B. 5 Great ways your helmet cam can actually improve your sport

1. Study your technique after a day on your local track and see if you could have chosen better entry lines.
2. Study your body on your surf/bike and see if you need to change your alignment or body tension/positions and form.
3. Have a friend follow you from behind with their action cam so you can see your overall positioning and technique.
4. Use your helmet cam to film others you're riding/surfing/kayaking with and learn from their technique.
5. Film yourself. Promote yourself. Get Sponsorship.

C. The ten Golden Rules of Point of View Camera filming

Remember, there are no rules in filming your action sports with point of view cameras. Well, except for these ones. They're golden.

1. **Stay Steady:** When the helmet cam is mounted to your helmet keep your head steady and try not to rotate rapidly from side to side. This will create a video that is easier to watch.
2. **Reference Point:** For compelling video, use a frame of reference, such as another person or your visor.
3. **Sun at Your Back:** When possible, keep the sun at your back.
4. **Explore Different Angles:** Don't get stuck in a rut with one angle or perspective. The video you get should blow you away, every time. No short honeymoon for you and your new baby! The excitement should last a lifetime of adventure sports action and filming. Your helmet cam can go just about anywhere, so let it. Let it shock you, amaze you, break you down in tears of joy, whatever, just get creative and let it blow you away.
5. **Stay out of the Shadows:** The light is always best at sunrise and sunset, but you need to be more careful at those times because you will have a longer shadow. If the sun is at your back, your shadow will likely be in the shot. If it's cloudy, no worries.
6. **Overcast in the Forest:** When shooting in the forest, we always prefer overcast days as the light is more even and consistent. It gets really spotty in the woods on a sunny day, which doesn't look good on video.
7. **Communicate:** If you're following someone down the hill, communicate with each other to make sure they don't get too far in front of you.
8. **Choose your helmet mount properly:** For smooth helmets, such as snowmobile, motorcycle or full face biking helmets, we suggest Adhesive Mounts, or the magnetic star mount for [POV 1](#) , or [POV 1.5](#) users. For attaching to a deep vented helmet, use a [velcro mount](#) that hooks through the vents, to give you more stability. Plan your video and do some test shots to see whether you want to use a pipe mount on your bike for a different angle. Don't assume you know what you're getting in terms of video.
9. **Be Playful** - If you're a speed demon, try this: mount the camera facing behind you to capture your friends as you leave them in the dust (or in the powder). Take your time if you're setting up this shot, to make sure that you're not filming the sky, or your behind.

10. **Get Resourceful and Creative** - There are a multitude of mounting options available to you, and ways that you can use your camera to get unbelievable film.

Planning to wow your friends with your videos? Keep these additional things in mind:

1. Save the scenic shots for the tripod or hand held camera.
2. Don't bother filming climbing unless it's a spectacular setting and it's a short shot. Remember, you'll want to keep your audience engaged so don't let it get boring.

D. Going Pro - Editing your Videos

Once you've played around with your camera, and seen the footage, you might want to cut up a clip, add some sound, and a few effects to kick it up a notch. Or you may not. It's completely up to you. Keep it simple. Get Fancy. Whatever you're looking to do. We've got the lowdown on all the options for you right here:

1. Free Editing Solutions

If you own a Mac or a PC there are two free programs already available to you to get started.



[Windows Movie Maker](#) is what you get with every Windows Operating System and it will do the trick. You can add footage, music and pictures, and then save your file into any format you like. It's a reliable program and definitely a good place too get started.



[Imovie](#) -I movie is pretty sweet for a free program. Those Apple people sure know what they're doing. This Mac program gives you the basic controls package that you would also get with the Windows Movie maker, and also gives you cinema quality sound mixing, easy exporting and themed backgrounds. You may think it's just free the first time and there's a serious catch, but hey, this thing is for reel; that's just how Jobs likes to steamroll to the forefront of the design world.

"Using I movies is so slick, once you get past the way they handle the non-linear editing, then you realize they're geniuses." Robert G.

2. Editing options for less than \$100

The next level of software programs are simplified versions of the really expensive stuff. Before getting too stoked on all the features, keep in mind the learning curve, and just what you'll actually use. These suites are for the 'prosumer', your average user, with little or no editing background, may not be able to use them straight out of the box. For your average consumer, it will take a bit of time to figure them out. But they are easy on the wallet and may be well worth it.

[Adobe Premiere Elements 3.0](#)

Adobe® does their best to make their Premiere® Elements 3.0 software user-friendly. You can record your footage, with an index of the scenes and a DVD menu, or drag-and-drop to assemble your movie and rearrange clips.

[Roxio Easy Media Creator 9 Suite](#)

Roxio's main advantage is its simple user interface. The product features are also great.



[Vegas Movie Studio+DVD Platinum Edition](#)

It includes easy drag-and-drop video editing, integrated DVD layout and burning, and Show Me How interactive tutorials. The Platinum Edition provides added features, advanced editing tools, bonus video effects, and a comprehensive training DVD for more complex movie projects.



3. The sweet stuff!

High Definition is the new standard of video editing; your favourite action sports videos are edited with programs like these; check out their 'blurbs' below:

[Final Cut Studio](#)

Turn your vision into reality. Meet the challenge of HD production values. Show your friends your POV action film using [Apple's](#) integrated tools for real-time video, motion graphics, and audio production. Final Cut Studio, your all-in-one solution in the new era of post-production. With the best tools at your disposal, your best work is sure to follow.



[Adobe Premier Pro 2.0](#)

Make every frame count with [Adobe®](#) Premiere® Pro 2.0 software, the essential tool for professional video editing. Capture and edit virtually any format, from DV to uncompressed HD, and output to tape, DVD, and the web. Providing unparalleled integration with other Adobe applications, Adobe Premiere Pro 2.0 sets new standards for efficient digital film making.

