

RNAO VIDEO UPLOAD GUIDE

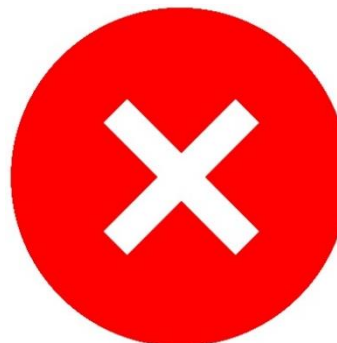
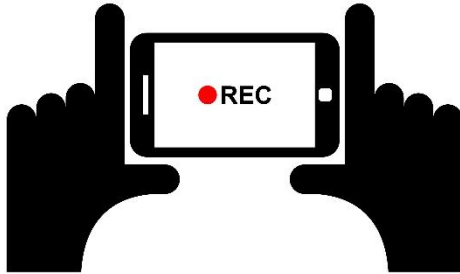
a. RECORDING QUALITY

- Please ensure that you upload a video that is between 720p – 1080p in quality:



b. CAMERA ORIENTATION

- When recording your video, please position your camera **HORIZONTALLY**:



c. BACKGROUND NOISE

- Please ensure that your voice is heard prominently in the recording, and that background noise is kept to a minimum.

d. LIGHTING

- Please ensure that there is adequate lighting in your recording.
- Ensure any primary sources of light are in **FRONT** of you, rather than behind you.