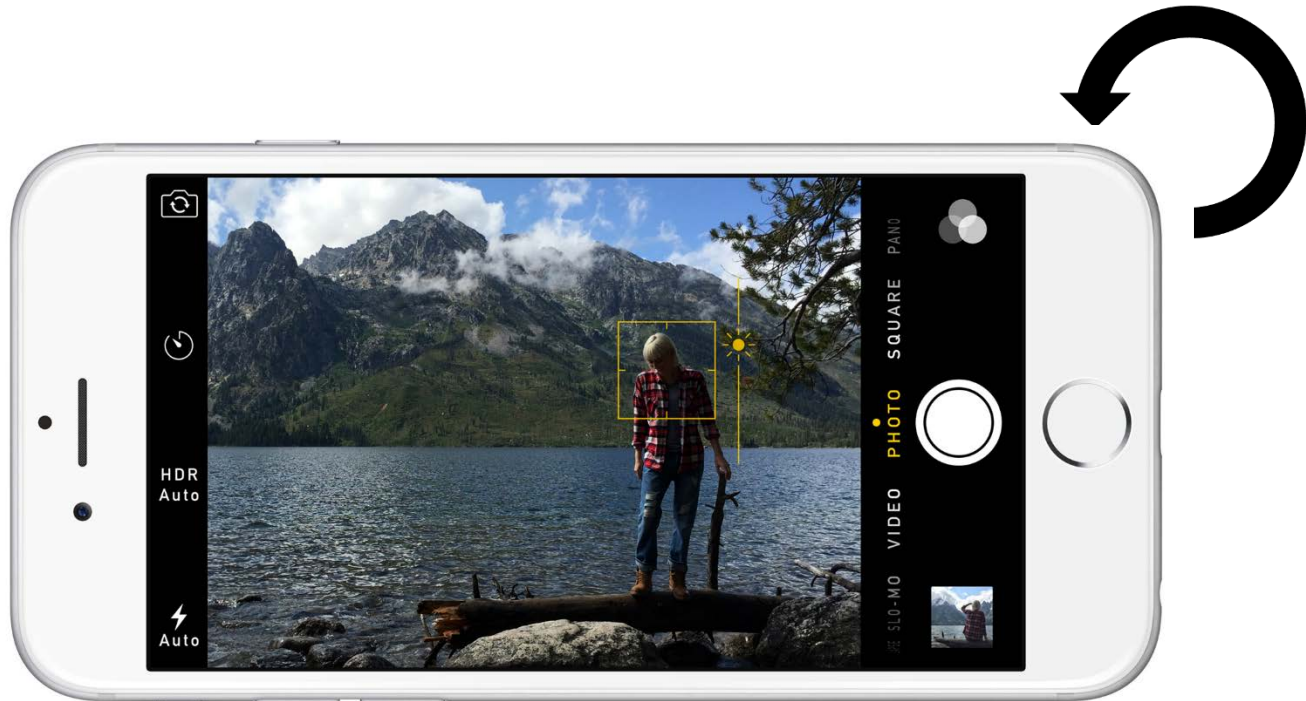


# iOS Tips for Recording

Rotate device into landscape with the Home button on the right side.



- Consider lighting and background noise before recording.
- Avoid shaking the camera or moving around quickly.
- Break the video into segments if possible – uploading will be faster.