

## GO PRO HD CAMERA SETTINGS FOR SUPER ONE EVENTS

The camera has two buttons. The button on the top is the “shutter” button, the one at the front is the “power” button.

**Press and hold** the power button to turn the camera on. It will beep 3 times.

Keep pressing the **power** button consecutively until “SET” appears in the LCD screen.

You are now ready to enter the setup menu and toggle between the options.

Press the **shutter** button to enter setup. Use the **shutter** button to set the options below, and press the **power** button to move on to the next set of options once you have the correct setting.

Each option should be set as follows:

Option 1 should be set to “F”	(for filming)
Option 2 should be set to “r5”	(1920x1080 HD)
Option 3 should be set to “Cnt”	(centre weighting)
Option 4 should be set to “P2”	(photo every 2 seconds)
Option 5 should be set to “bLo	(blinking on)
Option 6 should be set to “bPo”	(bleeping on)
Option 7 should be set to “PAL”	(The UK television spec.)
Option 8 should be set to “Lst”	(used to delete last clip (* see below)
Option 9 should be set to “ALL”	(used to delete all clips (* see below)
Option 10 should be set to “OFF”	(Sets the camera to manual off setting, as opposed to auto off)
Option 11 should be set to “dAT”	(set the date, then use the power button each time to move to next setting)

Once the date is set, press and hold the **power** button to turn the camera off . The camera will bleep 7 times.

\* Much easier to delete clips via the computer, rather than via the camera

### TO RECORD VIDEO USING THE CAMERA:

Press and hold the power button until the camera turns on, bleeping 3 times.

Make sure the video icon (3<sup>rd</sup> from the left at the top of the LCD screen) is seen. If it is not, keep pressing the power button until you see the video icon. Press the shutter button to turn on and record, and press it again to stop recording. Each time you do this, the counter will advance by 1 to show the number of clips recorded in the camera.

When recording, the red light on the front of the camera flashes slowly.

To turn the camera off and save battery life, press and hold the power button until the camera beeps 7 times. Use the supplied USB cable to connect to your computer/laptop. You can then access the camera as a drive and drag the .mp4 video files to your computer, viewing them in your video player. On a macbook, this is typically Quick Time Player.