

# CAMERA OPERATOR GUIDE

## Your Job

Support the story with steady, intentional shots that the director can trust. You are not hunting moments. You are holding them.

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## 1. Shot Basics

### Wide

- Establish the room
- Provide breathing space
- Reset visual context

### Full Body/Medium

- Connection
- Leadership moments
- Most used shot

### Tight

- Emotion
- Emphasis
- Focus on what is being said

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## 2. Framing Rules (Non-Negotiables)

- Proper headroom
- Clean background
- Subject centered with purpose
- Avoid cutting people at joints

Break rules only when it serves the moment.

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## 3. Movement Discipline

- Slow > fast
- Intentional > reactive
- Lock off when unsure

If you don't know why you're moving, don't move.

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## 4. Communication with Director

Call out early

- "I'm blocked."
- "I'm soft."
- "Losing the shot."

Listen for

- “Hold”
- “Stay”
- “Slow push”
- “Reset wide”

Silence is good when the shot is good.

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## 5. What to Avoid

- Zooming for no reason
  - Constant reframing
  - Late problem callouts
  - Trying to be creative during critical moments
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## 6. Success Looks Like

- Director trusts your shot
- Cuts feel natural
- Viewers feel connected, not distracted

Camera mantra:

“Steady. Ready. Intentional.”