



IT'S A KNOCKOUT @ HOME

GUIDANCE FOR FILMING TASKS

BEFORE COMPLETING THE TASK YOU MUST...

Before a young person completes a task, they must give us some information.

The following can be read out to the camera - each young person taking part can complete the sentences with their name, and whether or not they want their video to be used by KYT for social media (if a parent or guardian has not already given permission, the wishes of the parent or guardian will be honoured first).

- MY NAME IS (TELL US YOUR NAME)
- I AM COMPETING WITH _____ YOUTH GROUP / I AM COMPETING AS AN INDIVIDUAL
- IN THIS VIDEO I AM COMPLETING TASK ___ (TELL US WHICH TASK NUMBER YOU ARE DOING, E.G. TASK 7).
- I GIVE CONSENT FOR THIS VIDEO TO BE JUDGED FOR IT'S A KNOCKOUT
- I DO/DO NOT GIVE PERMISSION FOR THIS VIDEO TO BE USED ON KYT SOCIAL MEDIA.

WHEN COMPLETING THE TASK...

Try your best! Have a go at some task, filming each one individually.

AFTER COMPLETING THE TASK...

For contestants who are part of a youth group, please name your file in the following format:
YouthGroupName_TaskNumber

For example, if you were part of a youth group named 'KYT' and you were completing Task 12, you would name the file: KYT_Task12

For contestants who are competing individually, please name your file in the following format:
Firstname_Surname_TaskNumber

For example, if your name was John Smith and you were completing Task 5, you would name the file:
John_Smith_Task5