



CANADIAN ASSOCIATION OF  
General Surgeons

## CAGS TV Submission Guidelines

### Filming requirements

- Orientation: film in landscape (not portrait)
- Video aspect ratio as widescreen (e.g. 4:3 or 16:9)
- Ensure any text within videos is in English in a legible and consistent font with good contrast against the video content
- Avoid displaying any logo's or watermarks
- Do not include an introduction by the physician as a "talking head" explaining a procedure. All footage should be of the procedure or relevant subject matter only.
- Videos displaying ANY patient identifying information will be rejected
- Please note that the maximum size of each file has a limit of 2.0GB
- Acceptable file formats: .mov, .wmv, .mpg, .mpeg, .mp4, or .avi
- Maximum length: ≤20 minutes
- Maximum file size: ≤2000 MB (2GB)
- Preferred dimensions: 1920x1080 (HD) and no less than 1280x720
- Minimum frame rate: 24 fps (or 23.976 fps)
- If compression is required to reduce file size for uploading, please use a minimum bit rate of 10,000 kbit/s – 20,000 kbit/s

### Video submissions should include:

- Title page that includes: the procedure, patient demographics, a short two-line preamble as to the presenting complaint and indication for the operative procedure
- Short segment to describe or demonstrate the surgical approach, incision site(s) if any, patient positioning, any special equipment, and port placements

### Submitting your video via email

- Indicate content subject (e.g. Foregut, Thoracic, Vascular, Trauma, HPB, Breast, Oncology, Integumentary, Gut, Solid Organ, Colorectal, Bariatric)
- Indicate your approach (e.g. MIS/Laparoscopic, Open, Trans-Anal, Endoscopic)
- Include acknowledgement information (e.g. your full name, organization, university, etc)
- Include up to six (6) tags to help categorize your video in the CAGS video library
- Email your submission to: [cagsvideos@gmail.com](mailto:cagsvideos@gmail.com)

Each submission will be reviewed on an ongoing basis by the CAGS Clinical Practice Committee. Submissions meeting the criteria listed above will be uploaded to the CAGS Video Library and made accessible to all active CAGS Members.

*\*Note: By submitting a video to CAGS TV, you acknowledge that the video will be uploaded and maintained on a CAGS-owned Vimeo or Youtube account. CAGS reserves the right to provide access to the video to the audience of its choice, and that this audience could change at any time without prior consent by the video's author.*