B1 Bike check

EVERY MORNING · 5 MINUTES · BEFORE CAMERAS

- [ ] **Tyres**: pressure (cold), tread, cuts, nails
- [ ] **Wheels**: spokes, rims, axle nuts tight
- [ ] **Controls**: levers, throttle snaps back, clutch free play
- [ ] **Brakes**: pads left, firm lever and pedal
- [ ] **Lights**: hi/lo, brake light (both), indicators
- [ ] **Oil and coolant**: level OK, no drips under bike
- [ ] **Chain**: tension, lube, sprockets
- [ ] **Stand**: side stand springs back, engine cut works
- [ ] **Fuel**: FULL before high-country legs
- [ ] **Luggage**: locked, straps tight, clear of exhaust/chain
- [ ] **Camera mounts**: tight, tethered, not blocking lights or levers

B2 Rider & comms

BEFORE ROLLING OUT

- [ ] **Helmet**: visor clean, Pinlock, strap done
- [ ] **Cardo**: charged, group paired, volume test
- [ ] **Cardo music sharing OFF** while filming
- [ ] **Mic** in helmet: on, recording, wind cover
- [ ] **Gear**: gloves, boots, armour, vented layer
- [ ] **Water** 1.5 L+, sunscreen, snack
- [ ] **Phone** charged, **GPX loaded**, offline map
- [ ] **Licence, ID, medical aid card**, bank card
- [ ] **Brief**: route, regroup points, hand signals, stop time
- [ ] **Group kit**: first aid, plug kit, pump, tools, tow strap

Anyone can call STOP. No discussion.

B3 At every stop

FUEL · PHOTO · REGROUP

- [ ] **Park safe**: fully off the road, visible both ways, not on a bend or crest
- [ ] **Hard ground**: never on dry grass (hot exhaust = fire)
- [ ] **Cameras**: stop recording, battery %, card %
- [ ] **Card over 80%?** Swap it. Full card goes in the RED pouch and you tell the wrangler.
- [ ] **Lens**: wipe dust and bugs
- [ ] **Drink** water, even if not thirsty
- [ ] **15 s reaction** clip from one rider
- [ ] **1 detail shot** of bike or gear
- [ ] **Pack out** all litter, gates as found
- [ ] **Headcount** before moving off

B4 Packing

PER RIDER · OVERNIGHT SHOOT

- [ ] Riding kit + rain layer
- [ ] Warm layer (dawn is cold)
- [ ] Spare gloves
- [ ] Casual clothes, 1 night
- [ ] Toiletries, meds
- [ ] Sunscreen, lip balm
- [ ] Water bladder or bottles
- [ ] Snacks
- [ ] Phone + cable
- [ ] Power bank
- [ ] Cardo + charger
- [ ] My cameras + mounts
- [ ] 3 batteries per GoPro
- [ ] ND filters, lens cloth
- [ ] GREEN cards for my cams
- [ ] Mic + wind cover
- [ ] Disk lock / cable lock
- [ ] Tyre plug kit / tools
- [ ] Licence, ID, medical card
- [ ] Printed cards

Wrangler adds: SSD A, laptop, 2 readers, card case, multi-USB charger, power strip.

M1 Camera power-up

EACH CAMERA · EACH MORNING

- [ ] **Card** from GREEN pouch, number noted
- [ ] **Format in camera**: GREEN cards only
- [ ] **Battery** full + spare in pocket
- [ ] **4K+ · 25p** (riding **50p**) · **Linear** lens
- [ ] **Log/Flat** · **WB 5500 K** · ISO max 800 · sharpness low
- [ ] **ND** filter on (sun), lens clean
- [ ] **Horizon lock** on
- [ ] **Date/time synced** in the app
- [ ] **Mount** tight + tether, horizon level
- [ ] **Slate**: *"EP01, D1, CAM03, R1, card C05"*, then clap
- [ ] **Roll 3 s early**, stop 3 s late

M2 Every pass: 5 shots

MINIMUM PER PASS · FAST VERSION 15 MIN

1. **ENTRY**: pass sign or road entrance + wide establishing
2. **RIDE**: on-bike through the best corner + 1 clean continuous section
3. **BEAUTY**: reveal or **lock-off pass-by** + parked bike with landscape
4. **DETAIL**: tyre on surface, hands/controls, boots, road texture
5. **REACTION**: rider verdict: best part, difficulty, feeling

Plus sound: 30 s ambient, 1 engine start, 1 clean pass-by.

Hold statics 10 s. No zooming. Check the background before recording.

M3 Top angles

NATURE → BIKES → EVERYTHING ELSE

1. **Landscape reveal**: drone or high vantage, bikes small
2. **Lock-off pass-by**: tripod, long lens, bike in → out
3. **Chase**: following the bike ahead
4. **Presenter**: camera faces rider, mic on
5. **Piece to camera**: helmet off, view behind
6. **Detail / product**: tyres, helmet, comms, luggage
7. **Low side** wheel cam
8. **Helmet POV**: sparingly
9. **Weather timelapse**
10. **Town / people** (ask permission)

Light: beauty shots in the first and last 2 h of the day. At midday do details, interviews in shade and riding.

M4 Card rules

EVERYONE · ALWAYS

GREEN pouch = empty, ready
RED pouch = FULL, DO NOT FORMAT

- [ ] Every card **numbered** (C01…), every camera too
- [ ] Card goes RED → GREEN **only** when the wrangler says **"2 copies verified"**
- [ ] **Format only in the camera**, never on a laptop
- [ ] **Never delete clips** in camera
- [ ] Note every swap: **card · camera · time**
- [ ] Wrangler keeps all RED pouches in the case
- [ ] **SSD A and SSD B on different bikes**
- [ ] Card error? **Stop using it**, RED pouch, tell wrangler

M5 Nightly offload

DATA WRANGLER · 30–60 MIN

1. Lay out RED pouches, tick against swap notes
2. Plug in **OP_SSD_A**, **OP_SSD_B**, card reader
3. Double-click **offload-card.command** (or run):

```
python3 production/tools/offload.py copy --card
/Volumes/Untitled --label C05 --camera CAM03 --r
ider R1 --day D1 --date 2026-11-20 --dest /Volum
es/OP_SSD_A --dest /Volumes/OP_SSD_B
```

4. Wait for **VERIFIED 2 COPIES, SAFE TO FORMAT**. Write "2x OK" on the pouch and move the card to GREEN.
5. **DO NOT FORMAT?** Keep it RED, re-seat or swap reader, run again, tell the producer
6. Spot-check 3 clips per camera
7. Charge everything
8. Eject both SSDs. **SSD B goes to the other rider.**

S1 Safety on set

FILMING NEVER OVERRIDES RIDING

- [ ] **Ride it once** at easy pace before filming
- [ ] **Spotters** at both ends of any road setup
- [ ] **Never stop** on blind corners or crests
- [ ] **Turn around** only with 150 m+ view
- [ ] **Max 3 repeat runs** per setup, then move on
- [ ] **Own lane only**, no stunts, legal speed
- [ ] **Never touch a camera** while moving
- [ ] **Drone**: licensed operator only
- [ ] **Heat**: water every stop, watch each other
- [ ] **Fire**: park on hard ground, no smoking
- [ ] **Dusk**: off the mountain before sunset
- [ ] **Stop/go works**: obey flag staff, no repeats

Anyone can call STOP. The shot can wait.

S2 Emergency & crash

112	Any emergency from a mobile
10111	Police
10177	Ambulance / fire
084 124	ER24
082 911	Netcare 911
021 937 0300	Wilderness Search & Rescue (WC): say "Mountain Rescue Emergency"

1. **Secure the scene**: hazards on, warn traffic both ways
2. **Check rider**: breathing, bleeding, conscious
3. **Helmet stays on** unless airway is blocked
4. **Call**: give GPS coordinates (phone map), road, pass name
5. **Keep warm/shaded**, don't move them unless in danger
6. **Send a rider** to find signal if there's none

S3 Go / no-go

NIGHT BEFORE, 18:00 · ALL MUST BE ✓

- [ ] **Weather**: no storm or heavy-rain warning
- [ ] **Heat**: plan filming early if over 35 °C
- [ ] **No fires or closures** on the route
- [ ] **Roadworks** status checked (stop/go OK)
- [ ] **Accommodation** confirmed in writing
- [ ] **Insurance and waivers** sorted
- [ ] **Drone**: licensed operator, or agreed no-drone
- [ ] **All riders** confirmed, bikes checked (B1)
- [ ] **GPX** loaded on every device
- [ ] **Cameras** tested, cards numbered
- [ ] **SSD A + B** empty and named, offload tool tested
- [ ] **Home contact** has route and check-in times

Any ✕ → use the episode's **fallback plan** or postpone.