



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Camera Support Installation for Film and Video

Communication Studies and Language / Media Studies

Unit Standard 243969 · NQF Level 5 · 15 Credits · 12 Days

COURSE OVERVIEW

This course equips learners with the skills to safely and effectively install camera supports for film and video production. Participants will learn to select appropriate support equipment based on production requirements, perform installations, and ensure stability and safety on set.

Category	Communication Studies and Language
Subfield	Media Studies
Unit Standard	243969
Accreditation	SAQA Accredited · NQF Level 5 · 15 Credits
Duration	12 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Identify and select appropriate camera support equipment based on production specifications and shooting conditions.
- Demonstrate safe installation of tripods, monopods, dollies, and jibs following manufacturer guidelines and industry safety standards.
- Apply proper leveling and balancing techniques to ensure stable camera operation.
- Analyze weight distribution and load capacity to prevent equipment failure.
- Implement safety procedures to secure camera supports on uneven terrain or confined spaces.
- Evaluate installed supports for stability and adjust as required for dynamic shots.

WHO SHOULD ATTEND

- This course is designed for camera assistants, grips, and entry-level film and video production technicians who need to install and operate camera supports in studio or on-location environments.

COURSE OUTLINE

Day 1: Introduction to Camera Support Systems

- Overview of camera support equipment categories
- Load ratings and compatibility with camera rigs
- Safety basics: lifting techniques, securing loads, working at height
- Introduction to industry standards (SAQA, SANS, OSHA references)
- Equipment inspection checklists
- Basic hand tools and fasteners used in installation

Day 2: Tripods and Fluid Heads – Theory and Setup

- Tripod components: leg locks, spreaders, bowl adapters
- Fluid head types: 2-stage, 3-stage, geared columns
- Setting up on uneven ground: use of levelling base
- Payload capacity and centre of gravity
- Quick-release plates: Arri, Sony VCT, Manfrotto RC2
- Safety checks: tightness, stability, load limits

Day 3: Tripod Installation – Practical Application

- Step-by-step assembly sequence
- Balancing technique: sliding plate, fore-aft adjustment
- Drag settings for smooth pans and tilts
- Levelling using built-in bubble level and spreader
- Maintenance: cleaning leg locks, lubricating drag mechanism
- Troubleshooting common issues: creeping, sticking, vibration

Day 4: Monopods and Shoulder Rigs – Installation and Use

- Monopod types: compact, video, with spreader feet
- Fluid base attachment and operation
- Shoulder rig components: rods, pads, handles, matte box
- Counterweight systems for shoulder rigs
- Quick-release plates and rod clamps
- Practical considerations: weight distribution, fatigue reduction

Day 5: Dollies and Track Systems – Theory and Setup

- Dolly types and their specific uses
- Track sections: straight, curved, leveling jacks
- Dolly wheels and steering modes
- Mounting options: hi-hat, riser, bowl adapter
- Track safety: trip hazards, securing with sandbags
- Basic dolly moves: push-in, pull-out, lateral

Day 6: Dolly and Track Installation – Practical

- Track laying: alignment, joining, leveling
- Dolly assembly: wheels, steering, brakes
- Camera mounting: balancing on dolly riser
- Practice dolly shots: focus pull coordination
- Safety protocols: sandbagging, weight limits

- Breakdown and transport procedure

Day 7: Jibs and Cranes – Theory and Rigging

- Jib types: straight, articulated, telescopic
- Crane vs. jib: reach, height, payload
- Center of gravity and counterweight calculation
- Remote head systems: pan/tilt, lens control
- Rigging points: tripod mount, spreader bars
- Safety: tie-downs, working load limits, personnel exclusion zone

Day 8: Jib and Crane Installation – Practical

- Step-by-step jib assembly
- Counterweight attachment and adjustment
- Camera mounting and balancing
- Remote head setup: power, video, control cables
- Practice basic moves: boom up/down, pan, tilt
- Safety check: torque all bolts, secure safety lanyards

Day 9: Steadicam and Body-Mounted Stabilisers – Theory and Setup

- Steadicam vs. gimbal stabilisers
- Vest fitting: sizing, adjustment points
- Arm assembly: spring tension, iso-elastic design
- Sled components: post, stage, monitor, battery
- Static balance: fore-aft, side-to-side, dynamic balance
- Safety: weight limits, fatigue, emergency drop procedures

Day 10: Steadicam Installation – Practical

- Vest fitting: chest plate, hip pads, straps
- Arm attachment and spring adjustment
- Sled assembly: camera plate, monitor, battery
- Static balance procedure: drop test
- Dynamic balance: fine-tuning with weights
- Practice walking, turning, and low-mode operation

Day 11: Car Mounts, Suction Mounts, and Specialised Rigs

- Suction cup mounts: types, load ratings, surface prep
- Clamp and cage mounts for vehicles
- Safety tethers and redundant attachment
- Vibration isolation methods
- Legal requirements: road safety, permits, insurance
- Inspection checklist: cup integrity, pressure indicators, fasteners

Day 12: Comprehensive Installation Project and Assessment

- Scenario-based installation planning
- Multi-support integration: dolly + jib, tripod + slider
- Troubleshooting: vibration, imbalance, looseness
- Final practical assessment: assemble, balance, operate
- Industry certification requirements
- Career paths: grip, camera assistant, rigging specialist

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **15 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 43,000.00	R 43,000.00
1	In-House	R 56,000.00	R 56,000.00
1	On-Campus (Pretoria)	R 64,600.00	R 64,600.00

UPCOMING SESSIONS

Start	End	Method	Venue
03 Aug 2026	18 Aug 2026	On-Campus	Johannesburg, South Africa
04 Aug 2026	19 Aug 2026	On-Campus	Mauritius
05 Aug 2026	20 Aug 2026	On-Campus	Cape Town, South Africa
06 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
07 Aug 2026	24 Aug 2026	On-Campus	Pretoria, South Africa
07 Aug 2026	24 Aug 2026	On-Campus	Lagos, Nigeria
10 Aug 2026	25 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	25 Aug 2026	On-Campus	Mauritius

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 243969) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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