



We're excited for you to share your 4-H knowledge! To upload a video for publication on the El Paso County 4-H YouTube Channel, please refer to the information below:

All presentations must be directly related to 4-H projects or activities that members are enrolled in. 4-H members are asked to be sensitive to the diverse audience that attends the fair/is watching online. All materials to be presented are subject to review by the county extension office. Materials which are deemed inappropriate by the county will not be allowed.

Each Demonstration and Illustrated Talk will be timed. Senior demonstrations must be between 8-10 minutes in duration. Intermediate demonstrations must be between 6-8 minutes in duration. Junior demonstrations must be between 4-6 minutes in duration. At state fair, two points are deducted for each 30-second increment over the stated time frame. Because of that, it is advised to time yourself or have someone give you a 30-second warning before end of the time period

	Junior	Intermediate	Senior
Demo & Ill. Talk	4-6 min	6-8 min	8-10 min
Interpretive Reading	3-5 min	4-6 min.	6-8 min

See State Fair Guidelines for further information on Speeches, Demos, Illustrated Talks, and Interpretive Readings (pages 11-12)

<http://co4h.colostate.edu/statefair/StateFairContestRequirements.pdf>

## READY TO UPLOAD? Check Off Each Step!

1. Make sure your video meets all requirements and adheres to 4-H Code of Conduct from Colorado 4-H

<http://co4h.colostate.edu/resources/covid/colorado4H-social-media.pdf>  
<http://co4h.colostate.edu/resources/covid/colorado4-H-video-guidelines.pdf>

2. Verify with parent or guardian you have a photo release form filled out on 4HOnline, and you have permission to share your video
3. Fill out Google Form ***BEFORE*** uploading:  
<https://forms.gle/kwjfMxPnB8jEGw72A>
4. Make sure your video is saved in this format: last name, first initial, video type

For example if Joe Green was uploading the week's challenge, his file would be saved: Green\_J\_Challenge

If Joe were to upload a demo, his file would be saved: Green\_J\_Demo

5. Upload your video to:  
[https://drive.google.com/drive/folders/1EKHtKu43eLe6SBzaL\\_ALBCjVJin-32cR?usp=sharing](https://drive.google.com/drive/folders/1EKHtKu43eLe6SBzaL_ALBCjVJin-32cR?usp=sharing)
6. Watch for your video on the EPC 4-H YouTube Channel!
7. Email Mrs. Charity with questions – [charity.cagle@colostate.edu](mailto:charity.cagle@colostate.edu)