Instructions for importing VHS footage into Final Cut Pro.

1. Plug in the cart.
2. Turn ON the power strip.
3. Turn ON the deck and the monitor.
4. Make sure monitor is set to line A.
5. Plug in the FireWire plug into FireWire port on MAC.
   a. Line up PLUG and PORT CORRECTLY!
   b. DO NOT Force Anything!
   c. If you need help ASK!
6. Open Final Cut Pro (from the Applications folder).
7. After setting up your project and scratch disks, Click on Final Cut Pro>Easy Setup (In the top menu bar of the program).
8. Select “DV-NTSC” for the setup and click “Setup”
9. Insert your VHS tape into the deck.
   a. Press the orange “S-VHS” button.
   b. Press the small arrow labeled “S-VHS” (pointing left). It is below the play button on the left side of the deck. Make sure the arrow is lit green.
   c. Cue your VHS tape.
   d. Press pause.
10. In the Log and Capture window of Final Cut Pro, select the far right tab labeled “Capture Settings”.
   a. In that window, next to Device Control, select “Non-Controllable Device” from the drop down menu.
11. You are now ready to import your VHS footage. You must use the “Capture Now” feature to capture the footage because it has no timecode.
12. When you’re finished, make sure to shut down the deck, monitor and cart before unplugging the FireWire cable.
13. Give the cart back to the Lab Assistant.