2020 COS ANNUAL MEETING
EPOSTER AND SURGICAL VIDEO GUIDELINES

DESIGN AND UPLOAD INFORMATION

The deadline to upload your ePoster or Surgical Video for the 2020 COS Annual Meeting is:
Monday, June 22

EPOSTERS
New in 2020, all accepted posters will be presented as electronic poster presentations (ePosters). Authors have the option to submit 3 – 5 slides or a PDF to our ePoster hosting site, Morressier. All accepted posters must be submitted digitally in advance of the meeting. **If you have included a video in your poster, you will need to submit PowerPoint files (.pptx)**

SURGICAL VIDEOS
All surgical videos must be submitted digitally in advance of the meeting to our hosting site, Morressier. Video content cannot be modified from the version submitted during abstract submissions. **Please be aware that PowerPoint files (.pptx) will only be accepted for surgical videos. Prior to uploading your video, please add an introductory screen to your file. This can be a cover image or a play button.**

UPLOAD SPECS

	Digital poster without a video	**Digital poster including a video and surgical videos**
File format	PDF (.pdf)	PowerPoint (.pptx)
Orientation	Landscape format	Landscape format
Dimensions in pixels	1536 width x 1080 height	1536 width x 1080 height
Dimensions in cm	54,2 width x 38,1 height	54,2 width x 38,1 height
Recommended font size	Minimum 16 points	Minimum 16 points
Sound	No sound supported	No sound supported
Maximum file size	40 MB	100 MB
Video formats	–	.mp4, .mpg, .mov, .avi
Number of videos	–	1 video per page

All first authors of accepted ePosters have received a unique upload link by email from Morressier. If you have not received these details by **April 10** please contact the COS at abstracts@cos-sco.ca or Morressier's technical support team using the chat widget on their website.

For general questions about Morressier and their platform, please refer to their FAQ.

POSTER DESIGN
Strong posters focus on communicability, scientific communication and scientific merit/value. Keep the following items in mind when designing your poster:

- Title and author names are easily identifiable

- Research question, background, methods, results, discussion and conclusion are relevant, logical and linked to one another
- Innovative research, rigorous methods and conclusions supported by results
- Engaging, clear and eye-catching poster design
- Formatting is appropriate and logical; graph and tables are clear and easily visible
- Clear information that can be read in 3-4 minutes

Looking for a starting place? Morressier has created this template for authors to use:
https://www.morressier.com/assets/misc/poster_template_landscape.zip

EPOSTER AND SURGICAL VIDEO VIEWING

Location: COS Annual Meeting Phone App
                  COS Practice Resource Centre (PRC) website

EPoster and surgical videos presentations will also be accessible for viewing through the COS Annual Meeting mobile app and the website COS PRC. Authors selected for ePoster viewing and surgical videos do not have a specific presentation date and time. The ePoster platform allows delegates to email authors with any questions and to share your ePoster or video to their email. Permissions must be granted by the primary author during ePoster or surgical video upload for these sharing options to be activated.