

# In The Shadows

## PARANORMAL PROJECT

### Code of Conduct

1. **No trespassing** – Watch out for any posted warning signs. Always ask for permission before going onto someone else's property. Avoid all areas where access is prohibited. Trespassing will only get you or the team thrown in jail or worse. So please be careful.
2. **Don't litter** – Leave the area exactly as you found it. Pick up any trash, containers, and scraps of paper and tape. Wipe off any chalk marks unless the site is a secluded area and the team is planning on returning.
3. **Never go alone** – Have at least one other team member when on a case investigation. This provides a little more safety and also a witness to any strange events that may occur. If you're alone and there's an unforeseen accident or emergency, who will help you?
4. **Always carry your ID, wear your badge, and have permission documentation available** – If the police ever question you about being in a private area, you will need some form of picture identification. Preferably a driver's license. They do have the right to ask any citizen for an ID and if you don't have one, they also have the right to detain you for questioning.
5. **Never forget to tell people where you are** – Tell someone where you'll be and how long you plan on being gone. If you run late on the investigation, call and explain the situation. Never leave friends or loved ones wondering where you are.
6. **Always record the true equipment readings** – Test all of your equipment several times before leaving on an investigation. Replace batteries as needed. Learn to correctly use all of the equipment before even thinking about trying to use them in the field. Remember to take background readings at the site. But most importantly, **DO NOT** falsify the true data readings of an investigation.
7. **Perform reconnaissance in the daylight** – Thoroughly check over the site in the daylight for any dangerous obstacles that may be invisible in the darkness. Never go to the site for the first time in darkness.
8. **Do Not Smoke, drink alcohol or use drugs** – Don't do anything that will impair your judgment or infect the site's environment. Use common sense.
9. **Don't wear colognes, after shave, or perfumes during an investigation** – Never wear anything that creates a noticeable odor. The smells may impair other ghost investigator's judgments. The air needs to be clear to detect any olfactory evidence (abnormal odors). If mosquito repellants are required use odor free bug sprays and log their use.
10. **Always carry your notebook or audio recorder (log)** – Everything needs to be recorded and logged. No detail is too small. Keep lists of events, actions, and times. Record with audio and video if possible.
11. **Always wear a watch** – This is for accurate entries into your logbook. You can't record the correct times if you don't know what time it is.
12. **Never Whisper** – Always speak clearly, but softly in a normal tone of voice, especially if you're recording the investigation. You don't want to later confuse your whispering as something supernatural. If there are 'ghosts' around your voice is not going to scare them off.
13. **Turn your cell phones off** – Odds are you won't be receiving calls.

14. **Review ALL the research material before going out into the field** – Good research will only help you find ALL the possibilities during an investigation.
15. **Don't use a car's headlights as a main source of light** – Sometimes a car's headlights come in handy for setting up campsites or equipment, but don't use them as a long-term light source. You could drain the battery enough that the car will not start.
16. **Don't try to bring everything** – Don't try to carry along every piece of equipment. Just bring the basics and the equipment that you absolutely need. Getting bogged down will only takes your attention away from the investigation.
17. **Bring plenty of flashlights** – Always have plenty of working flashlights. Everyone should have two flashlights on hand. As well as illuminating chemical sticks
18. **Bring plenty of extra batteries** – Know what kind of batteries each piece of equipment takes and be sure equipment batteries are fully charged. Always carry extra sets of batteries.
19. **Take lots and lots of pictures** – Take as many photographs as you can. That goes the same for video. You can't have enough of either. Just keep an eye on your film supplies. Don't run out before the investigation is over. Always have emergency rolls of film or digital memory on hand.
20. **NEVER go into any physically dangerous location** – It may be tempting to conduct an investigation in old condemned buildings or on the edge of a spooky cliff side, but don't do it. The risk is simply not worth it. Also, never go to any place when the weather conditions are bad. The investigation process is the most fun part of what we do, and are meant to be fun BUT it won't be fun if someone gets hurt, has to go to the hospital, or worse.
21. **MOST IMPOTANTLY Don't Forget to bring the food, drinks, first aid, & yes, toilet paper** – It may sound trivial, but you would be surprised how many investigations have been ruined or have been cut short because of the lack of snacks, first aid, or toilet paper!

## **Other Things to Consider**

**Be respectful to the spirits** – You should always treat a spirit with respect. Think of it like this, if you switched places with them wouldn't you like someone who came in and asked you permission and treated you nicely then someone who just walked up and started snapping photos of you? You are walking into their territory and wanting to interact with them and the best way is to give them some respect by asking their permission to be there and to take their photo.

**Obey the team smoking rules** – Believe it or not some ghost hunters think its perfectly fine to smoke during a ghost hunt. Then when they get smoke in their photos they call it ectoplasm. Smoke can show up on photos or video and will look a lot like ecto or even orbs. Spirits sometimes put off smells and sometimes that smell can be of tobacco but how are you going to claim that as spiritual activity if someone is smoking?

**No talking during audio recording** – Well this is a simple one but one of the most broken rules. If you're trying to record a EVP how are you going to know what you got is real when you have a bunch of people talking in the background. It is always best to have everyone in the same area and only the one recording speaks.

**Don't reuse old cassette tapes** – Even though it gets expensive to buy new tapes all the time you can not reuse cassette tapes. Audio from the old recording can bleed through and make you think you are hearing an EVP.

**Pay attention to reflective objects** – Know your surroundings. Are there any signs or any other reflective objects in the area? Because when you take a photo of a reflective object in the dark it can look like some form of spirit energy to the untrained eye. When looking at your photos try to disprove it. If you cant disprove it then and **only** then consider it paranormal.

**Everything is a spirit orb** – The ITSP official stand on this is: If the orb demonstrates 'intelligent intent' and can be substantiated with a video or photographs, we may consider it on a case-by-case basis. HOWEVER, it is understood that 99% of all orbs can be explained as a lens contamination of some sort, be it dust, pollen, powder, humidity, or otherwise. And it will never be considered "Paranormally Significant" unless that orb turns into a full apparition that is also recorded on the video or photograph.

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