

## Poster Preparation Guidelines

These Guidelines are intended to ensure ease of reading and enhance understanding of the content of a Poster.

Poster Communications are primarily a tool to allow authors to discuss their research with others. They should contain enough information, together with that in the published abstract, to give readers a good overall understanding of the research. Authors should follow recommendations on font and text size closely. Choice of colours, etc, is up to the authors but legibility is paramount-colour clashes (eg green text on red background) must be avoided. Please consult the prize winning posters in the document library for assistance.

### **The dimensions of Posters for Society Meetings are Standard A0 (841mm x 1189 mm) and Portrait orientation.**

The Poster should have a banner heading that spans its full width and includes title, authors and institutions. The Title, which must closely match that submitted in the abstract, must be easy to read from a distance of several metres. It should be in **bold sans serif font** (eg Arial) with 96pt characters. The **Names of Authors** and **Institution(s)** should be in the same font but smaller (eg 72pt).

Institutional Crests/logos may be included in the banner; Sponsor's crests can be shown in either the banner or the **Acknowledgements**. If an author is supported by a Society travel grant, Vacation Studentship, etc, The Physiological Society logo can be copied from the mock Poster for inclusion in the **Acknowledgements**. Affiliate Members who have entered and are selected for The Physiological Society Poster Competition should include the The Physiological Society Poster Competition logo at the top right corner of the Poster. The Society and The Physiological Society Poster Competition Logos will be available to download from the Society web site.

To ensure clarity, the Poster background must be a solid colour (including white) and must not include a pattern or image. Please consult the prize winning posters in the document library for assistance.

The main body of the Poster should include relevant headings such as Summary, Introduction, Materials and Methods/Experimental Procedures, Results, Discussion, References and Acknowledgements. The headings should be in **bold sans serif font** (eg Arial) with 48pt characters. All text in the poster, including figure legends, should be sans serif font (eg Arial) with 28pt characters. Text such as graph axes, labels on photomicrographs, etc, should normally be sans serif font (eg Arial) with 28pt characters. Use of diagrams to illustrate methods/procedures is encouraged, especially where this reduces the text. It is recommended that no more than six figures or tables are displayed, that graphs contain no more than three curves and tables and no more than 30 values.

The entire Poster may be printed as a single sheet or as a banner plus the appropriate number of A3/A4 sheets corresponding to the same overall size.

It is proposed to post the winning posters of The Physiological Society Poster Competition on the Physiological Society web site as PDF documents so they may be downloaded and used as models for Posters at future Meetings. The Physiological Society Poster Competition supersedes the previous Blue Riband Poster Competition.