THE LIDO — 8 Scene Prompts + the Brief

The exact prompts behind every photograph in this carousel, pulled from the generation receipts written by `generate_pcl_plate.sh` at the moment each plate was made (Codex built-in image_gen, portrait 4:5, no reference images). Each is listed against the plate it produced and that plate's SHA-256, so you can tell which prompt made which frame.

These are records, not defect-free recipes. Every plate was asked for a calm surface where the headline would go; the type was set afterwards in Remotion. Nothing was retouched.

The brief (what each frame proves)

1. Hands — give them a job. Hands that grip, pour or hold read real; hands that pose do not.
2. Water — freeze it with backlight. Low sun behind the splash makes every droplet a lens.
3. Glass — let the sun do the caustics. Ask for condensation, fractured ice and a long shadow.
4. Skin — ask for uneven droplets, pores and fine hair. Never "smooth".
5. Reflection — still water and a low sun. The reflection must come from this scene.
6. Crowd — compress it with a long lens and light every face from one side.
7. Text — don't ask the model. Ask for a blank surface and set the words after.
8. The ask — plan the empty field before you generate, not after.

1. Cover + 01 Hands

- Plate: `01-hands.png` · SHA-256 `dc380aef1fa25cc3484e44592da62a7ec235e46724b6110e2bf973e2b8fb7ff9`
- Route: Codex built-in image_gen · returned size 1122x1402 · attempt a1 · references attached: no

Exact executed prompt:

```
An ultra-realistic editorial photograph, portrait 4:5, shot on a medium-format digital camera at an outdoor lido at golden hour. Extreme close-up of a swimmer's two hands gripping the white-tiled edge of a swimming pool as they pull themselves up out of the water: knuckles tense, tendons visible, wet skin with fine hairs, water streaming off the fingers and wrists in sharp frozen droplets, chlorine-blue water beneath, warm low sun raking across from the right with a soft lens flare at the top-right corner. Real anatomy with exactly five fingers per hand, correct joints, natural nail beds. The tile edge is worn and slightly chalky. Crisp focus on the hands, shallow depth of field so the far pool and the deck fall away. Reserve the lower-left third of the frame as calm, slightly out-of-focus blue water with no detail so a headline can sit there later; keep the hands in the upper two thirds. Reflections and caustics must come from this scene's own sun and tile. No people's faces, no text, no logos.
```

2. 02 Water

- Plate: `02-water.png` · SHA-256 `3f80fd50c2f88f49f47c4b6c06632feca7c9799da76b3bf63453dfb9b7b2df00`
- Route: Codex built-in image_gen · returned size 1122x1402 · attempt a1 · references attached: no

Exact executed prompt:

```
An ultra-realistic editorial photograph, portrait 4:5, outdoor lido at golden hour, medium-format look. A swimmer's head and shoulders breaking the surface of the pool mid-breath, eyes closed, water sheeting off the face and hair and exploding into hundreds of individually sharp frozen droplets caught by low warm backlight from behind-right, each droplet with its own tiny highlight and refraction. Chlorine-blue water with sun caustics, the far pool edge soft. Frame the swimmer in the upper-right two thirds and reserve the lower-left third as calm, deep-blue water surface with soft caustics and no detail so a large headline can sit there. Whole-frame physical realism: background, practical light, falloff, contact and cast shadows,
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reflections, refraction, materials, scale and perspective must all describe the same lido at the same
golden-hour moment. One motivated focal plane with natural lens falloff, no cutout edges. Small scene-native
imperfections: chalky worn tile, uneven droplets, flyaway hair, scuffs. Reflections and caustics come only
from this scene. No plastic skin, no CG sheen, no starbursts, no duplicated props, no malformed hands.
Absolutely no text, signage lettering, logos or graphics.
```

3. 03 Glass

- Plate: `03-glass.png` · SHA-256 `07f43e182ab331a8c7e6c2dee9c36c0fed3f2c7771c0656588143bac24fa312d`
- Route: Codex built-in image_gen · returned size 1092x1440 · attempt a2 · references attached: no

Exact executed prompt:

```
An ultra-realistic editorial still life in a VERTICAL PORTRAIT frame (taller than wide, 4:5, the image
height must exceed its width), outdoor lido at golden hour. A tall straight glass of iced lemonade with a
lemon wheel stands on the white-tiled pool edge, heavy condensation beads running down the glass, ice cubes
with real internal fractures, the low sun behind it throwing bright refracted caustics and a long shadow
across the chalky tiles toward the camera; the blue pool is soft in the background. Camera low, near tile
level, shallow depth of field on the glass. Place the glass in the right half of the frame and reserve the
left half as calm sunlit white tile with only the soft caustic pattern so a large headline can sit there.
Whole-frame physical realism: background, practical light, falloff, contact and cast shadows, reflections,
refraction, materials, scale and perspective must all describe the same lido at the same golden-hour moment.
One motivated focal plane with natural lens falloff, no cutout edges. Small scene-native imperfections:
chalky worn tile, uneven droplets, flyaway hair, scuffs. Reflections and caustics come only from this scene.
No plastic skin, no CG sheen, no starbursts, no duplicated props, no malformed hands. Absolutely no text,
signage lettering, logos or graphics.
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4. 04 Skin

- Plate: `04-skin.png` · SHA-256 `ea6273b25bd2a7605ceb5a4d5a9919c0f9ed1dc07bef2d957967ce1ed5230e4a`
- Route: Codex built-in image_gen · returned size 1122x1402 · attempt a2 · references attached: no

Exact executed prompt:

```
An ultra-realistic macro editorial photograph, portrait 4:5, outdoor lido at golden hour. Extreme close-up
of a swimmer's wet shoulder, neck and jawline seen from the side, skin covered in real water droplets of
uneven size, visible pores, fine hairs and a faint tan line, warm low sun raking across the skin from the
left so every droplet throws a tiny shadow, the blue pool a soft blur behind. No full face: crop from the
ear and jaw down to the shoulder. Keep the skin in the upper-left two thirds and reserve the lower-right
third as soft out-of-focus chlorine-blue water so a headline can sit there. Whole-frame physical realism:
background, practical light, falloff, contact and cast shadows, reflections, refraction, materials, scale
and perspective must all describe the same lido at the same golden-hour moment. One motivated focal plane
with natural lens falloff, no cutout edges. Small scene-native imperfections: chalky worn tile, uneven
droplets, flyaway hair, scuffs. Reflections and caustics come only from this scene. No plastic skin, no CG
sheen, no starbursts, no duplicated props, no malformed hands. Absolutely no text, signage lettering, logos
or graphics.
```

5. 05 Reflection

- Plate: `05-reflection.png` · SHA-256 `38c5e3fe1666b56903af1f3a979d10099fb7064f56bc1cca753bffaf4f61ed6f`
- Route: Codex built-in image_gen · returned size 1122x1402 · attempt a1 · references attached: no

Exact executed prompt:

```
An ultra-realistic editorial photograph, portrait 4:5, outdoor lido at golden hour. A single swimmer stands
on a white starting block at the far end of a perfectly still pool, seen from low across the water, and the
whole figure plus the block and the warm sky are reflected upside-down in the mirror-flat surface with only
a faint ripple. Warm low sun from the right, long shadow of the figure on the deck, soft haze at the far
end. Compose the block and figure in the upper half and reserve the lower-left quarter of the frame as
still, empty reflective water where a large headline can sit and read against the deep-blue reflection.
Whole-frame physical realism: background, practical light, falloff, contact and cast shadows, reflections,
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refraction, materials, scale and perspective must all describe the same lido at the same golden-hour moment. One motivated focal plane with natural lens falloff, no cutout edges. Small scene-native imperfections: chalky worn tile, uneven droplets, flyaway hair, scuffs. Reflections and caustics come only from this scene. No plastic skin, no CG sheen, no starbursts, no duplicated props, no malformed hands. Absolutely no text, signage lettering, logos or graphics.
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6. 06 Crowd

- Plate: `06-crowd.png` · SHA-256 `43221592f06de54703a67bf713590776337e36e5eb736bda6e69e04b43c7f5e0`
- Route: Codex built-in image_gen · returned size 1122x1402 · attempt a2 · references attached: no

Exact executed prompt:

```
An ultra-realistic editorial photograph, portrait 4:5, outdoor lido at golden hour. Concrete bleachers packed with a crowd of at least forty spectators watching a swim meet, every face distinct and individually lit by the low warm sun from the left: different ages, hair, skin tones, sunglasses, towels, a child on a parent's shoulders, someone shading their eyes, one person cheering, real overlapping bodies and hands. Shot slightly from below with a medium telephoto so rows compress. Keep the crowd in the lower two thirds and reserve the upper third as clear warm evening sky so a large headline can sit there. Whole-frame physical realism: background, practical light, falloff, contact and cast shadows, reflections, refraction, materials, scale and perspective must all describe the same lido at the same golden-hour moment. One motivated focal plane with natural lens falloff, no cutout edges. Small scene-native imperfections: chalky worn tile, uneven droplets, flyaway hair, scuffs. Reflections and caustics come only from this scene. No plastic skin, no CG sheen, no starbursts, no duplicated props, no malformed hands. Absolutely no text, signage lettering, logos or graphics.
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7. 07 Text (the blank board)

- Plate: `07-sign.png` · SHA-256 `f7f41549275779d8efa207bd7b46add59dbe441852bbc5c91672ff1536970fb5`
- Route: Codex built-in image_gen · returned size 1122x1402 · attempt a1 · references attached: no

Exact executed prompt:

```
An ultra-realistic editorial photograph, portrait 4:5, outdoor lido at golden hour. A tall, completely blank white-painted lifeguard information board, a flat rectangular panel on a steel post, stands on the pool deck beside the water, its face catching the warm low sun evenly with a gentle vignette; the board is empty, no lettering, no stickers, no marks. Behind it the blue pool, wet tiles reflecting the sky, a red lifeguard chair and a swimmer's lane rope, all soft. The board fills the left two thirds of the frame from top to near the bottom and is seen almost square-on with slight perspective, so a full block of typography can later be set onto its face. Whole-frame physical realism: background, practical light, falloff, contact and cast shadows, reflections, refraction, materials, scale and perspective must all describe the same lido at the same golden-hour moment. One motivated focal plane with natural lens falloff, no cutout edges. Small scene-native imperfections: chalky worn tile, uneven droplets, flyaway hair, scuffs. Reflections and caustics come only from this scene. No plastic skin, no CG sheen, no starbursts, no duplicated props, no malformed hands. Absolutely no text, signage lettering, logos or graphics.
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8. The ask (overhead)

- Plate: `08-overhead.png` · SHA-256 `4daa60d50a39b523753c7dc928c13ab37f765b94bf569c08a3c09207a6c75f4a`
- Route: Codex built-in image_gen · returned size 1122x1402 · attempt a1 · references attached: no

Exact executed prompt:

```
An ultra-realistic editorial photograph, portrait 4:5, outdoor lido at golden hour, shot straight down from a high drone directly above the pool. Clean lane ropes and dark lane lines on chlorine-blue water, one lone swimmer mid-stroke in the lane nearest the left edge leaving a small wake, long warm shadows and sun glitter on the water, the white tiled deck visible along the bottom edge. Reserve the right two thirds of the frame as calm blue water with lane lines only, so a large headline and a call-to-action can sit there. Whole-frame physical realism: background, practical light, falloff, contact and cast shadows, reflections, refraction, materials, scale and perspective must all describe the same lido at the same golden-hour moment. One motivated focal plane with natural lens falloff, no cutout edges. Small scene-native imperfections: chalky
```

worn tile, uneven droplets, flyaway hair, scuffs. Reflections and caustics come only from this scene. No plastic skin, no CG sheen, no starbursts, no duplicated props, no malformed hands. Absolutely no text, signage lettering, logos or graphics.