

BASIC BALLET (MAJORS AND NON-MAJORS) SPRING 2021

DAA 2204 Section 08C9 and 43B0
Monday/Wednesday 8:45a – 10:15a
Hybrid: Zoom meeting and studio in G-10 in the McGuire Pavilion

INSTRUCTOR:

Meredith Farnum mfarnum@arts.ufl.edu *

*Email Policy: Preferred email correspondence through INBOX in CANVAS. Please include your name & class in the subject line or within the body of all correspondence.

Syllabi are posted at CFA website under: *Student & Parents*: <http://arts.ufl.edu/syllabi/>
Lab Fees can be located at: <http://registrar.ufl.edu/soc/201608/all/theadanc.htm>

Canvas (e-learning): <http://elearning.ufl.edu>

Office: Nadine McGuire Theatre & Dance Pavilion, Room T212

Office Hours: Hours are posted on faculty office doors

Hours for Meredith are Thursdays 2:30pm – 3:30pm via Zoom. *If this time does not work for you, please email me to schedule an appointment.*

Office Phone: SoTD Main Office: 352-273-0500

Important Academic Dates:

Classes begin – January 11 (drop/add Jan. 11 – Jan 15)

No Classes – January 18, MLK Holiday

Classes end – April 21

REQUIRED READING:

Articles and handouts posted in Canvas modules

RECOMMENDED READING:

Classical Ballet Technique by Gretchen Ward Warren

Technical Manual and Dictionary of Classical Ballet by Gail Grant

Basic Principles of Classical Ballet: Russian Ballet Technique by Agrippina Vaganova

COURSE DESCRIPTION:

DAA 2204 Credits: 2; can be repeated with change in content up to 6 credits. Prerequisite: DAA 1000 with minimum grade of C, or audition.

Basic ballet technique with discussion of terminology and history.

STUDENT PROGRESSION IN BALLET DANCE TECHNIQUE:

This information addresses the standards utilized by the dance area for assessing student progression through three levels of ballet: Basic, Intermediate, Advanced. The program's approach to ballet is in context to the UF BFA degree program, relying on traditional

training standards along with the awareness of the stylistic and technical diversity of the UF dance program. Using the objectives stated in this syllabus, the dance program assesses student progress through three levels of ballet dance technique: basic, intermediate, and advanced. Students are graded and considered for the next level according to their achievement of the criteria as determined by their instructor. Due to the nature of both traditional balletic training and balletic levels in the UF program, receiving the final grade of “A” does not insure progression to the next level.

Please Note: Our work in the studios is designed to be challenging; physically, intellectually, and emotionally. Dance classes often involve touching. Physical contact may range from simple touch to correcting alignment. Students may also be asked to experiment with exercises that involve weight exchange. If you have a related medical consideration or touch is uncomfortable or triggers trauma, please notify the instructor at the start of the semester via e-mail or personal meeting. **Due to protocols for Covid-19, there will not be touching or weight exchange in class this Spring.**

Course Objectives for Ballet Technique

SoTD’s ballet technique curriculum is designed to focus the intellectual and physical abilities of students—majors, minors, and non-majors—to embrace the demands of the 21st century artist. Each of the three levels builds the required historical, aesthetic, and biomechanical foundations for graduating as a major in our dance degree programs. Likewise, the minor or non-major must recognize the classes as a pre-professional training ground by meeting the objectives at the appropriate level. When every student brings into every class their discipline and motivation, they will be ready to meet and greet the following goals common to each respective level of technique:

BASIC BALLET COURSE OBJECTIVES*:

- To instruct you in classical ballet technique while engaging with the established vocabulary in addition to utilizing somatic and conditioning practices to enhance body awareness.
- Acknowledge the related history to the aesthetic foundations of ballet that originated in the ethnic cultures of European countries and developed through the hierarchical structure of royal courts to the evolution of ballet culture in present day.
- To establish a consistency of daily studio practice and towards using ballet class progression to build a basis for building your technique.
- To approach all training, practice and performance from an anatomically knowledgeable and core connected standpoint, especially in the application of rotation (both parallel and outward).
- Build musical, rhythmic, phrasing, and spatial skills suitable to the technique and style of ballet.
- Initiate the process of connecting theory and technique to a basic level performance aptitude.

- Create an environment to test and improve the student's physical aptitude in ballet technique.
- Enhance aesthetic and practical appreciation of the work behind this exacting and exciting art form.
- To develop and practice absorbing new material quickly and to perform combinations with attention to technique.
- Develop an appreciation of the theory, criticism, and aesthetic behind this exacting yet exciting art form.

* Due to the nature of the UF ballet training program, the student entering Basic level should have already established certain a level of proficiency as determined by audition for entry into the BFA program. Level for non-majors can be determined by placement classes.

DRESS POLICY:

- Women: Form fitting dance attire or leotards and tights with soft ballet shoes (on Zoom) and socks in the studio. Please speak to the teacher about individual needs and if you are interested in taking class en pointe.
- Hair should be worn neatly out of the face, i. e. ballet bun or twist.
- Men: Close fitting T-shirt/tank top with leggings, bike shorts, or yoga pants. Tights may be work (with dance belt) but are not required. Ballet shoes on Zoom and socks in the studio.
- Colors are at the student's discretion but should reflect a respect of balletic values.
- No warmers unless they are form fitting. All warmers must be removed following warm-up. You may wear a ballet skirt or belt for alignment.
- No oversized clothing. You don't work on what you don't see.
- Your ankles must be visible.
- No large jewelry, including all non-stud earrings, necklaces & watches.
- No chewing gum.

COURSE POLICIES:

ATTENDANCE

For classes that meet two times a week:

- Students can take 2 absences with no documentation and no penalty.
- If the third absence is unexcused, it will result in 5% deduction from the final grade.
- Excused or unexcused, on the third absence, a meeting is required with the instructor and/or area faculty to assess the student's continued participation in the course.
- If the fourth absence and all subsequent absences are unexcused, each will result in an additional 5% deduction from the final grade.
- Requirements / opportunities to make up missed material for unexcused absences is up to the instructor's discretion and may be made available through virtual classes or online assignments. **Communication is important.**

Any absence from class for the following reasons must be supported by official acceptable documentation to avoid a grade penalty:

- Illness - doctor's note must be on official letterhead with address and phone number, noting the date and time of visit and diagnosis verifying that an absence from class is warranted, doctor name and signature.

Note: Due to the hybrid nature of studio courses in the Spring 2021 and in response to COVID-19 precautionary measures, students **must not** attend any in-person portion of the course if presenting **any** symptoms related to the disease or has been in contact with someone known to have the disease. There will be flexibility in documentation requirement if a student must miss class due to COVID-19 preventions. Students should contact the instructor as soon as possible to explain the situation and determine the best course of action. If you are experiencing COVID-19 symptoms (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>), please use the UF Health screening system (<https://coronavirus.ufhealth.org/screen-test-protect/covid-19-exposure-and-symptoms-who-do-i-call-if/>) and follow the instructions on whether you are able to attend class. Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

- Serious family emergencies
- Special curricular requirements (e.g., judging trips, field trips, professional conferences)
- Military obligation
- Severe weather conditions
- Participation in official university activities such as music performances, athletic competition or debate
- Court-imposed legal obligations (e.g., jury duty or subpoena)

To help organize accommodations, students should inform the instructor by the end of the second week of classes of religious observances of their faith that may conflict with class attendance this semester.

Students who elect to enroll in a hybrid course are expected to participate in in-person instruction. If a student is uncomfortable attending in-person, the student should make arrangements with the instructor to “attend” all class meetings synchronously, when available, or asynchronously.

We will have face-to-face instructional sessions to accomplish the student learning objectives of this course. In response to COVID-19, the following policies and requirements are in place to maintain your learning environment and to enhance the safety of our in-classroom interactions. Barring the above circumstances, students are expected to be in attendance (either remotely or in-person, as assigned) daily and to be on time.

Dance Program Spring 2021 COVID protocols:

For hybrid/in person courses, protocols for all faculty and students should be as such:

- You are required to wear approved face coverings at all times during class and within buildings. Following and enforcing these policies and requirements are all of our responsibility. Failure to do so will lead to a report to the Office of Student Conduct and Conflict Resolution.
- Use hand sanitizer or wash hands at the top of each class in shared spaces. Re-sanitization is needed if individuals use restroom facilities, touch their face, sneeze, or cough.
- Stay home and seek medical help for COVID-19 symptoms or exposure (persistent cough, fever 100.4+, new loss of taste or smell, muscle pain/headaches, shortness of breath, sore throat, chills, diarrhea, or feeling generally ill). **The culture of hiding illness or the “show must go on” mentality must be avoided.**
- This course has been assigned a physical classroom with enough capacity to maintain physical distancing (6 feet between individuals) requirements. Please utilize designated seats and maintain appropriate spacing between students. Please do not move desks or stations.
- Students will be asked to sanitize individual chairs, ballet barres, etc. Instructor of record will specify protocols for each room cleaning supplies will be provided.
- Immediately dispose of personal trash in appropriate bags/containers. Do not leave tissues, paper towels, Band-Aids, tape, water bottles, or any other personal refuse on the floors or in the space.
- For everyone’s understanding **avoid touch/skin to skin contact in staging, choreography, costume fittings, and during other class and production activities.** In our field, it is hard to refrain but for the safety of others and ourselves, until it’s safer, the most loving thing we can do is continue to provide ample distance to lessen viral spread.
- Students are asked to depart class promptly at the end of class and avoid lingering following outdoor and indoor rehearsals. Instructors of record will provide specific class protocols for arriving, departing class, and class breaks.
- Bring shelf-stable lunches and snacks to enjoy on your breaks outside. **The SoTD Breakfast Room, break area in the Costume Studio, SoTD Atrium, and studio space hallways are no longer available (no Dance Area carpet).** There are food options for purchase in the Reitz Union and there will be some limited available study areas in the lower Atrium lobby level.
- Class schedules will be affected by the need to lengthen breaks to air out rooms, encourage hydration (it is hard to keep hydrated with a mask on), and allow adequate time for socially distanced bathroom breaks/hand washing. Staggered breaks will be avoided to ensure that all involved are able to have a moment of rest.

For in studio hybrid technique courses, movement limitations include:

- No lying down
- No rolling
- No traveling across the floor
- 10' x 10' (or similar) taped areas will delineate the student's area of personal space. All movement must stay within these limits.

Class attire and preparation:

- SoTD Dressing rooms are not accessible. For studio classes in McGuire, please come to class dressed to dance. In the O'Connell building and other alternative spaces, public bathrooms are available but should not be considered alternative dressing rooms. All use of public bathrooms should remain socially distanced with masks as per UF mandate.
- Masks are to be worn for the entirety of the class. If masks need to be removed for any reason, please exit the studio/class area and find the nearest *outdoor* space.
- Intact socks (no holes) should be worn in technique classes in substitution for ballet shoes or bare feet. **NO street shoes in any dance spaces.**

These parameters are for our community's safety. As humane artists let's exercise our responsibility to care for one another and model global best practices during this very difficult time. *It will pass eventually* and though we don't know exactly how the world will be on the other side, *we will dance freely once again.*

Online Zoom Classes:

Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

MAKE-UP POLICY:

- You are responsible for all material covered during any absence
- There are no makeup options for unexcused absences
- Absences from Written Exams, Quizzes, Mid-Terms, and/or Finals may only be made up with approved documentation
- To earn credit (amount of credit determined by the instructor) for an excused absence you must do two things:

- 1) Immediately after your return to class, turn in approved/legal documentation to instructor. If you need the original documentation, the instructor will accept copies.
- 2) Make-up the class with an approved assignment submitted on the required date. If the assignment is to attend another class as a make-up, it must be the same technical level, or lower in any genre; student must request permission of that instructor.

UF Absence Policy The requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies. Please click the following link for details: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

STUDENT ON-LINE EVALUATION PROCESS

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://gatorevals.aa.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. The instructor is the only person that views your written comments. Summary results of these assessments are available to students at <https://gatorevals.aa.ufl.edu/public-results/>

EVALUATION

Event attendance (virtual)	15 points	See information below about Required Performance and Event Participation. (assignment information is located on Canvas)
Midterm Feedback/Evaluation	15 points	In Class with written or verbal feedback Monday, March 8th and Wednesday, March 10th
Technical progression and artistic expression	15 points	Ongoing assessment
Contribution to class discussions	5 points	Ongoing opportunity
Vocabulary/History Exam	20 points	Monday, April 12th (See ballet glossary attached and use the following link for study: http://www.abt.org/education/dictionary/index.html)
Final Project	30 points	Monday, April 19th and Wednesday, April 21st Research/Presentation (TBA)

Instructions for assignments are located on Canvas

Your overall score may be affected by your attendance record.

EACH STUDENT IS RESPONSIBLE FOR MONITORING HER/HIS OWN PROGRESS

***Disclaimer:** This syllabus represents current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected. Any changes in technique exam dates due to unseen circumstances will be announced in class and posted on the dance board in a timely fashion.

A	100 - 94 points
A-	< 94 - 90
B+	< 90 - 87
B	< 87 - 84
B-	< 84 - 80
C+	< 80 - 77
C	< 77 - 74 points
C-	< 74 - 70
D+	< 70 - 67
D	< 67 - 64 points
D-	< 64 - 61
E	< 61 - 0

Required Performance and Event Participation

To help you to "think outside the box," you must venture outside the studio!

ALL PERFORMANCE ATTENDANCE THIS SEMESTER WILL BE VIRTUAL.

BFA/BA Majors: In addition to attending all classes, attendance is required at the all the following events plus 1 outside professional show. Your instructor will provide guidelines as to proof of viewing which will be produced within one week after viewing production. Depending on your technique schedule, you may use these same events/performances for other technique classes, as well.

Non-Majors: Required – *Dance 2021*, one program of the BFA Showcase, and one outside professional show. Your instructor will provide guidelines as to proof of viewing that will be produced within one week after viewing production. Depending on your technique schedule, you may use these same events/performances for other technique classes, as well.

Required Performance and Event Dates

Dates/times subject to change – please check dance bulletin board and/or contact appropriate box office. You will receive a voucher (coupon) at the beginning of the semester for assigned SoTD productions with instructions of how to use it to get discount tickets. Viewing of SoTD plays is highly recommended, but not required. Non-majors, please verify event schedule with instructor, as you may not be required for attendance at all events.

**Monday, January 11 - Welcome Back Meeting Dance Area Students & Faculty
Zoom Meeting from 6:00 – 7:30 pm**

AUDITIONS

- **Spring BFA 2021 Showcase Audition (virtual) - January 13th and 14th 6:30 – 8:30 pm (Zoom link TBA)**
- **Audition for BFA Dance Program (virtual) – January 22nd**

SoTD TOWN HALLS

- **February 4th – 1:00p – 2:45p**
- **March 31st – 1:00p – 2:45p**

PERFORMANCES

- **DANCE 2021: Online Performance – March 26th – 28th**
- **BFA SHOWCASE: Online Performance - April 15th – 18th**
- **Professional Performance schedule and updates will be available on Canvas.**

UNSHOWINGS

- **#1 – February 22nd** - tentative/subject to change and via Zoom
- **#2 – March 1st** - tentative/subject to change and via Zoom

ADDITIONAL EVENTS

- **January 14 – 17: DIAS Guest Residency with Ryan-Olivia Lundy**

Check the following for updated information:

Tickets will be available to reserve on the SoTD Events Page:

<http://arts.ufl.edu/academics/theatre-and-dance/current-season/>

UF Performing Arts (Phillips Center) #: (352) 392-2787 <http://performingarts.ufl.edu/events/>

SFC Fine Arts Hall Theatre (352) 395-4181 <http://www.sfcollege.edu/finearts/?section=calendar>

ALL BFA/BA Dance Majors are required to attend an end-of-year conference (Jury) with the dance faculty. Do not make travel plans at this time— grade points will be deducted.

It is your responsibility to know your schedule. Check your (UF) email & the dance studio bulletin boards regularly.

UF POLICIES:

UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES: Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

UNIVERSITY POLICY ON ACADEMIC MISCONDUCT: Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>.

NETIQUETTE: COMMUNICATION COURTESY: All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats. <http://sfrc.ufl.edu/courses/distance/NetiquetteGuideforOnlineCourses.pdf>

HEALTH AND WELLNESS

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care website](#) to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: [Visit the Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or [visit the Student Health Care Center website](#).
<https://shcc.ufl.edu/forms-records/excuse-notes/> (excuse note policy)

University Police Department: [Visit UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; [Visit the UF Health Emergency Room and Trauma Center website](#).

ADDITIONAL MENTAL HEALTH RESOURCES:

1. UF has an Equal Access Mental Health Clinic that has a Free Therapy Night every Monday night that UF is considered open. Here is the FB page through which one can book appointments as well: <https://www.facebook.com/equalaccessclinic/>
2. The UF School of Medicine Equal Access Clinic website is here and has the above mental health services as well as specialized Women's and LGBT medicine: <https://equalaccess.med.ufl.edu/specialty-clinics-classes/>
3. Alachua County Crisis Center web site: <https://alachuacounty.us/depts/css/crisiscenter/pages/services.aspx>
Offers Crisis Counseling as well as a Mobile Response Unit that attends to severe mental health crises.

ACADEMIC RESOURCES

E-learning technical support: Contact the [UF Computing Help Desk](#) at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

Library Support: Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

Student Complaints On-Campus: [Visit the Student Honor Code and Student Conduct Code webpage](#) for more information.

On-Line Students Complaints: [View the Distance Learning Student Complaint Process](#).

Dean of Students: [Areas and Service](#)

UF Online: [One Stop](#)

ESSENTIALS FOR ACHEIVEING TECHNICAL APPTITUDE:

These aspects of technical development are divided into six (6) categories and are the basis both for grading and for any consideration toward promotion to a higher ballet technique level:

- **PLACEMENT AND ALIGNMENT** - *A priority is placed on alignment, which includes an awareness and integration of skeletal structure in shaping the body in place and in motion, to efficiency of movement, but reduce, if not eliminate, the potential for injury. This intrinsic understanding should be evident in all exercises: barre, center, and phrase work.*
- **CORE SUPPORT AND CONDITIONING** - *Coupled with developing a proper sense of alignment and placement as applied to dance (and life) is a separate and equal area referred to as Core Support/Strength. It is necessary to list it as its own category to emphasize its importance to movement and promote awareness of its connection to the safety of the individual as they move through various positions and as applied to ballet technique. Development of strength to safely perform movements that require weight bearing on arms, including inverted movements. Conditioning is included in this section to insure that strength is not over emphasized and that the student finds a personal practice that enforces this aspect of their training.*
- **APPLICATION OF ROTATION - STATIONARY AND LOCOMOTOR** - *Essential to the healthy development of ballet (and general dance) technique is the full awareness of correct personal anatomic alignment in relation to parallel and outward rotation which includes hip socket, knee and ankle for the lower body and spine, ribs, shoulder girdle, head and neck for upper body.*
- **SPATIAL AWARENESS AND FULL BODY INTEGRATION** - *Necessary to the training of a ballet dancer is the understanding of the movement of the body as a unit, and in relation to specific body parts (upper and lower body halves, and right and left body halves in motion), as well as a sense of spatial awareness as they relate to the movement of the body through classically defined positions.*
- **RHYTHMIC CLARITY/MUSICALITY** - *A student's progress through the technique sequence should also yield both a practical and intrinsic understanding of how rhythm and musicality are applied to an exercise, a phrase, and dance performance. Musicality is the ability to perform movement phrases informed by music and as regulated by the choreography/classical repertoire. Rhythmic clarity is the ability to understand the relationship of the moving body to time.*
- **PROFESSIONALISM** - *Student demonstrates a mature artistic sensibility while cultivating their artistic aptitudes. The importance of attendance is emphasized and part of the final grading process, as noted in the syllabus.*

EVALUATIONS AND GRADING:

Midterm Feedback and Evaluation occur during the class. You will be observed by the instructor and perhaps other members of the dance faculty. Grades will be assigned based on the technical proficiencies listed above. For the BFA major, application of your technique work to concert/performance work will be factored into your technique grade.

GUIDING CONCEPTS

These following general concepts are applied to all areas of technical development and used by faculty to assess student progress:

“Self” Awareness and Ensemble Skills

The student demonstrates an ability to retain an awareness of self while integrating their movement into spatial relationships with other persons and groups. The student should also demonstrate clarity in three-dimensional movements and an ability to sustain directionality in exercises and in phrases of substantial length.

Transitional Skills (Continuity of Flow)

Exercises should be performed with an understanding and dynamic use of different types of phrasing. Students should demonstrate an ability to sequence a variety of movements into an extended phrase: recognizing and moving through transitions and demonstrating follow-through of movement impulses as appropriate.

Performance Quality (Dynamic Awareness)

Each instructor will provide the class with specific movement and performance goals that delineate for the student: suitable use of energy, range of dynamics and movement qualities, the images or mind-set to evoke expressive and/or stylistic qualities and functional details

DANCER WELLNESS GUIDELINES:

Dancer Wellness Program

We know you want to dance...and for a long, long, time. A key part of a successful dance career in college and in the professional world is INJURY PREVENTION. The Dancer Wellness Program is available to all BA and BFA Dance Majors. Athletic training services will be available in the Dance Wellness Clinic through the collaboration with the College of Health and Human Performance and Athletic Training Program. Dr. Patricia Tripp and Dr. Guy Nicolette will oversee the collaboration of services, while Kirsten Cunha, licensed athletic trainer will provide athletic training services on site through the 2020-2021 academic year. Additional services and opportunities for students to explore may include Alexander Technique sessions (through direct appointment with Professor Elizabeth Johnson) and/or therapeutic massage consultation through The Florida School of Massage Sports Massage program (please request information from SoTD Dance Coordinator). Dance Wellness services are available for all dancers who complete a preparticipation physical evaluation (see Appendix A for instruction

and forms) and preseason Dancer Wellness screening consisting of movement analysis and flexibility assessments. Screenings will be delayed for Fall 2020 due to Covid-19 restrictions.

Dancers are expected to arrive for the assigned 1-hour appointment block to complete the screening; please wear comfortable, well-fit, attire that will allow you to move freely. Please review the example documents (Appendix A) for a complete and detailed description of what is to be completed. Be proactive, practice good health habits including mindfulness, healthy diet, and good sleep habits, limit social media, and develop your own personal practice readying you to take on the day. Despite your best efforts, a frustrating injury may occur. Here are four key recommendations for every dancer to follow.... including those non-dance majors who may be performing in your work!

1. TAKE RESPONSIBILITY Dance should not cause physical pain. If a movement is causing you pain in class, alert your professor so that your execution can be corrected. Listen closely to your body and dance with maximum physical and spatial awareness in all classes, rehearsals, and performances. Take full responsibility for your body in movement. Under no circumstances should you hurt yourself in class or rehearsal because you think a movement is “supposed to hurt”: it is not. Grow and make full use of your body awareness, intuition, and your personal body knowledge. Take full responsibility for your body in movement.

KNOW YOUR STRENGTHS AND WEAKNESSES and USE YOUR KNOWLEDGE OF ANATOMY. To further educate yourself on dance injuries and prevention, please seek assistance from the athletic trainer in the Dance Wellness Clinic; she may be able to provide additional prevention techniques (stretching, foam rolling, movement analysis, rehabilitation techniques, etc.) to support a pain free dance experience. An appointment can be made with the athletic trainer at www.calendly.com/dance-wellness. Further explanation on scheduling will be provided below. To further educate yourself on dance injuries and prevention feel free to utilize the below links with more information:

<http://www.med.nyu.edu/hjd/harkness/patients/common-dance-injuries>

http://www.stopsportsinjuries.org/files/pdf/AOSSM_Dance.pdf<http://www.dancespirit.com/unca-tegorized/top-10-injury-prevention-tips/>

https://c.ymcdn.com/sites/www.iadms.org/resource_papers/first_aid.pdf

2. RESPOND IMMEDIATELY Should injury occur, act quickly and decisively. Do not wait. Even a small injury can become more serious if untreated over time. Do not ignore pain: your body is sending you a “pain message” to STOP and pay attention. When handled promptly and appropriately, you will come back from an injury stronger and, certainly, more knowledgeable about your body. The sooner you respond, the sooner you heal. Please seek assistance from your athletic trainer within the Dance Wellness Clinic. For non-emergent conditions, please schedule an appointment using the Calendly website (www.calendly.com/dance-wellness). The Calendly website will provide available dates and times to be seen. Available times may change weekly, so please plan accordingly. Walk in hours will always be available each week for artists to be seen without an appointment, although an appointment is preferred. For emergent conditions, please contact 911 and follow the Emergency Action Plan procedures posted on the Dance Wellness Clinic door. If you seek outside medical care for an emergent condition, please follow-up with your athletic trainer once you are able to discuss the incident and further care options to assist with your recovery. Please be aware, artists who require emergent care for conditions such

as heat illness, concussion and/or other serious issues will need physician clearance prior to returning to dance activities, and in some cases may need to be seen by The Dance Wellness Clinic's overseeing physician, Dr. Nicolette, to coordinate this care and clearance. Please communicate with your athletic trainer to ensure appropriate management of critical incidents.

3. EVERY SERIOUS INJURY IS DIFFERENT: GET TO A HEALTHCARE PROFESSIONAL ASAP Even if you have previously "turned" your ankle, the sprain is not the "same" as before – and getting to a health care professional as quickly as possible is key. For all dance-related injuries, please contact and schedule an appointment to see your athletic trainer. Your athletic trainer will provide you with a therapeutic intervention plan to assist with return to activity in the safest, and most effective way possible. For NON-emergent situations in which the athletic trainer is not onsite, you may contact the athletic trainer at 586-610-8734 for instructions on initial care. Please refer to "2. RESPOND IMMEDIATELY" for detailed instructions to make an appointment with your athletic trainer. If your athletic trainer is unable to be contacted, the UF Sports Medicine Clinic is available to you. Please see their website at <http://shcc.ufl.edu/services/specialty-care/sports-medicine/> . The UF Sports Medicine Clinic is located in room 101 in the Student Health Clinic on campus: 1st floor, Infirmary Building, 280 Fletcher Drive. The number is 352-294-7345: when you call, indicate that you are a Dance Major and provide information on the severity of your injury so you can be seen ASAP. Please inform the athletic trainer, professors, choreographers, and/or directors/stage manager of your participation status to ensure appropriate accountability regarding time loss or impact on classes/rehearsals/performances.

4. COMMUNICATE Should you (or a peer) be injured in class, rehearsal, or performance, you are to immediately alert your athletic trainer, teacher, choreographer, director/stage manager so they can be made aware. Depending on the circumstances, the professor, choreographer, and/or director/stage manager present during the injury has the responsibility to report the injury. Incident Report forms are located near the doorway to each studio and should be filled out as soon as possible in accordance with the SoTD policy, as indicated in the SoTD Handbook. If you are seeing your athletic trainer in the Dance Wellness Clinic on a regular basis for an injury that inhibits your movement in class, the athletic trainer will provide a weekly Wellness Update to the dance faculty with a brief explanation of limitations. Although the weekly Wellness Update will allow dance faculty to be made aware of a dancer's circumstances/limitations, it is still encouraged to communicate with your dance faculty about any current injury/illness, especially if pain presents itself during movement.

Student Injury and Illness Class, Rehearsal and Performance Policy.

If the dance student becomes ill or injured to the degree that they cannot attend and participate in dance classes, SoTD sponsored rehearsals, or performances, the following steps of the dance student injury and illness policy are to be followed:

1. The student is required to see a health care professional immediately. Services are available through the Dance Wellness Clinic for BA and BFA majors. Dance Majors who have

completed the pre-participation wellness screening process have access to seek care within the Dance Wellness Clinic. Please initiate care for injury/illness with your athletic trainer by appointment in the Dance Wellness Clinic. Please see above for appointment procedures.

2.As mentioned, the Dance Wellness Athletic Trainer will be in communication with the dance faculty if necessary, about a dancer's limitations (please refer to 'communication' for further explanation). If the student seeks care from a healthcare provider outside of the Dance Wellness Team, it is the student's responsibility to request documentation that explicitly projects the duration of the injury, and/or the amount and type of activity recommended for the welfare of the student. Please note that in some circumstances, the athletic trainer at the Dance Wellness Clinic may find it necessary to give the student a referral to seek additional care/services outside the Dance Wellness Clinic. Some circumstances include, but are not limited to, receiving a concussion, experiencing a heat illness, lack of progression with chronic injury/second opinion for an injury, a traumatic acute injury, and more. In these circumstances, a dancer must follow the limitations set in place by the physician and will not be cleared for FULL activity until a follow-up appointment and clearance from the physician have been made. In the case that the athletic trainer deems a referral necessary, financial responsibility for services and/or care (e.g., radiology/imaging, physical therapy, etc.) will be the sole responsibility of the student.

3.Following the appointment with the health care professional, the student is required to bring (or email) medical recommendations and related documentation to the attention of his or her instructor(s), choreographer(s), or director(s) as the basis for discussion. If you are receiving care from the Dance Wellness Clinic, please review COMMUNICATION.

4.Please note: unless otherwise communicated to Dance Faculty by the Dance Wellness Healthcare Providers, a student that medically withdraws from technique class, simultaneously withdraws themselves from all performance-related activities as well. The student may not personally select one activity as having a higher priority than another. The student is not to dance in any events, activities, performances, or rehearsals if the student is medically unable to take dance class.

5.The student is not allowed to sacrifice classroom participation for the demands of performance. The student will not be allowed to participate in a performance if they miss dance class due to an injury. The student is expected to follow the student injury and illness policy even if rehearsals/performances take place beyond the scope of SoTD, for example: another UF, professional, or community performing group, etc.