

CONTEMPORARY BALLET PRACTICES LEVEL 2

FALL 2022

DAA 2205 Section CF2U and CF2R

Tuesday/Thursday 8:45a – 10:15a - Location: G-11 in the McGuire Pavilion

Friday Masterclasses 10:40a – 12:15p (location may vary: G-6, G-10, or G-11) *required for all BFA Dance majors*

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 Wednesday 10:30pm – 11:30pm. *If this time does not work for you, please email me to schedule an appointment.*

Office Phone: 352-294-0458

SoTD Main Office: 352-273-0500

College of the Arts (COTA) Information

School of Theatre and Dance (SoTD) Information

Important Academic Dates:

- **First day of Fall 2022 classes:** Wed. 8/24/22 (**Add/Drop:** Wed. 8/24 – Tues. 8/30)
- **SoTD Fall Convocation:** Thurs. 8/25/22, 4 – 5pm in the Constans Theatre
- **Labor Day holiday:** Mon. 9/5/22 (No classes, UF offices closed)
- **Homecoming:** Fri 10/7/22 (No classes)
- **Veterans Day holiday:** Fri. 11/11/22 (No classes, UF offices closed)
- **Thanksgiving break:** Wed. 11/23/22 (No classes, UF offices OPEN), Thurs. 11/24 – Fri. 11/25/22 (No classes, UF offices CLOSED)
- **Last day Fall 2022 classes:** Wed., 12/7/22
- **Reading Days:** 12/8–9/22, **Finals:** 12/10–16/22
- **Commencement:** Fri. 12/16/22 | Sat. 12/17/22

REQUIRED READING:

Articles and handouts posted in Canvas modules

RECOMMENDED RESOURCES:

Inside Ballet Technique by Valerie Greig

Classical Ballet Technique by Gretchen Ward Warren
Basic Principles of Classical Ballet: Russian Ballet Technique by Agrippina Vaganova

COURSE DESCRIPTION:

Contemporary perspectives in basic ballet technique with discussion of terminology and history.

Prerequisite: DAA 2204 or Dance major or minor.

STUDENT PROGRESSION IN BALLET DANCE TECHNIQUE:

This information addresses the standards utilized by the dance area for assessing student progression through four levels of ballet. 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 four levels of ballet dance technique. 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.

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 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:

CONTEMPORARY BALLET PRACTICES 2 COURSE OBJECTIVES*:

- To instruct you in 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 as well as 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 performance aptitude.
- Create an environment to test and improve the student's physical aptitude in ballet technique.
- 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 Level 2 should have already established certain a level of proficiency as determined either by audition for entry into the BFA program or 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 three times a week – TR & F

- Students can take 3 absences with no documentation and no penalty.
- If the fourth absence is unexcused, it will result in 5% deduction from the final grade.
- Excused or unexcused, on the fourth absence, a meeting is required with the instructor and/or area faculty to assess the student's continued participation in the course.

- If the fifth 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.**
- Tardy Policy: You are late after role has been taken/class has begun. Points will be deducted for being late or leaving early for any reason. There will be a 5-minute grace period. Three tardies for regular class meetings equal 1 unexcused absence.

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>

Additional circumstances listed below in which 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/> s

- 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.

STUDENT ON-LINE EVALUATION PROCESS

Students are asked 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 | 20 points | See information below about Required Performance and Event Participation. (assignment information is located on Canvas) |
| Midterm Assessment/Feedback | 15 points | In Class assessment on Feb 24 th with written or verbal feedback by Mar 10 th |
| Technical progression and artistic expression | 15 points | Ongoing assessment |
| Vocabulary/History Project or Discussion (TBA) | 20 points | (See ballet glossary attached and use the following link for study: http://www.abt.org/education/dictionary/index.html) |
| Final Project | 30 points | Research/Presentation (TBA) April 20 th |

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.

Grading Scale:

| Percentage | Grade | Grade Points |
|--------------|-------|--------------|
| 93 – 100% | A | 4.00 |
| 90 – 92.99% | A- | 3.67 |
| 87 – 89.99% | B+ | 3.33 |
| 82 – 86.99% | B | 3.00 |
| 79 – 81.99% | B- | 2.67 |
| 76 – 78.99% | C+ | 2.33 |
| 70 – 75.99% | C | 2.00 |
| 67 – 69.99% | C- | 1.67 |
| 64 – 66.99% | D+ | 1.33 |
| 59 – 63.99% | D | 1.00 |
| 56 – 58.99% | D- | 0.67 |
| 55% or below | E | 0.00 |

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 – *Agbedidi*, 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.

Semester Calendar – Dates to Know

****UnShowings subject to change**

Please check your emails daily for Dance Area Headquarters Canvas site updates!

AUGUST

24 W – first day of classes + *Cabaret* Auditions, 5:30-11pm
25 R – SoTD Convocation, 4-5p
25 R – Dance Production auditions (*Agbedidi* + *Dance 2023* concerts), 6:30-8:30pm
25 R + 26 F – *Cabaret* Callback Auditions
26 F – Dance Area Welcome Meeting (w/improvisation) 10:40a-12:10p
29 M – BFA Showcase Auditions, 6:30-8pm

SEPTEMBER

5 M – no classes for Labor Day
18 SU and/or 25 SU – Dance Wellness Screening
26 M – BFA Showcase UnShowing, 6:30-8pm
29 R thru 3 M – DIAS guest artist residency

OCTOBER

1 UF HealthStreet Night of Dance (Bo Diddley Plaza, downtown Gainesville), 4-6 pm
11 T - SoTD Town Hall Meeting 1-2:15pm
17 M – Dance Area Open Conversation, 6:30-8:30pm
21 F thru 30 SU – *Cabaret* Performances
21 BFA Program Audition (tentatively scheduled; waiting on confirmation from Production Area)
27 - *BodyVox* @ UFPA, 7:30 pm
28 F – Friday master class with Health and Safety Committee orientation for Load-in / Strike
28 F + 29 SA – Young Dancers Workshop

NOVEMBER

2 W thru 6 SU – Fall BFA Showcase Performances

7 M – no classes for post-performance day of rest

11 F – no classes for Veterans' Day

23 W thru 27 SU – no classes for Thanksgiving

28 M – Final UnShowing

DECEMBER

1 Th - [Chicago @ UFPA](#), 7:30 pm

2 F thru 4 SU – *Agbedidi*

5 M - no classes for post-performance day of rest

5 M - 6 T - Critical Response Appt's: First-semester BFA and BA students (including transfer students) and third-year BFA students

6 T - 6:30-8:30: Final UnShowing & Senior Circle

7 W - 6:30-8:30 Senior CRAs

7 W – Last day of classes



NOTE:

Dates/times subject to change – please check dance bulletin board, Canvas calendar, 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.

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 a CRA with dance faculty when scheduled. 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, and Dance Area Headquarters Canvas page 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 safely 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:

The Dance Wellness Program (Located in McGuire G-9), available to Bachelor of Arts or Bachelor of Fine Arts students in the areas of Dance or Musical Theatre, provides the artists, performers, and dancers with the utmost quality health care. Through collaborative efforts of the healthcare team (including athletic trainers, physicians, nutritionists, and physical therapists), Dance and Theatre students receive holistic care including prevention, diagnosis, treatment, and rehabilitation for injuries and illnesses sustained as part of their degree program. The Dance Wellness program offers a positive and inclusive environment that promotes overall wellness for the student as both a performing artist and person.

Highlights of the Dance Wellness Clinic include:

- • Collaboration between College of Health and Human Performance (Doctor of Athletic Training Program), Student Health Care Center Providers (Sports Medicine and Acute Care Clinic), and School of Theatre and Dance
- • Services offered by the Athletic Trainer (certified and licensed healthcare provider) within the Dance Wellness Clinic are available at no cost to you!
- • Clinical services include movement and flexibility screenings, support with

psychological well-being concerns, nutritional concerns, concussion injury, sprains, strains, chronic muscle tightness, therapeutic intervention techniques (e.g., electrical stimulation, massage, heat), therapeutic exercise, and patient education

- • Repository of information available within Canvas for students (e.g., nutrition, sleep, over-the-counter medications, injury prevention)

SECTION 6: HEALTH AND WELLNESS

- A safe space for students to learn more about anatomy, to take responsibility for and to respond to their bodies/injuries, and to increase their health literacy

Athletic Trainer: Marina Renzi, LAT, ATC Office: (352) 273-1586 Email: mrenzi@ufl.edu

Supervising Athletic Trainer:

Patricia M. Tripp, PhD, LAT, ATC, CSCS

Office: (352) 294-1729

Email: pmcginn@hhp.ufl.edu

Dance Wellness Clinic Artist Resources: [Canvas](#)

Appointments:

Please see the general schedule posted on the door to the clinic (G9)

Patient Portal for ATS Documentation System <http://atsufllhhp2.atsusers.com/>

Guidance for Non-Emergent Injury or Illness

- • If you feel sick or unwell, please stay home and reach out to your Athletic Trainer via the secure message portal of the ATS Documentation System or via your University of Florida email. Please do not come to the Dance Pavilion, your Athletic Trainer will guide you regarding your plan of care.
- • Artists within the Dance BFA and BA and Musical Theatre BFA programs may utilize the Dance Wellness Clinic services once they complete the necessary pre- participation paperwork (available within the ATS Documentation portal). Annual submission of health history, consent to treat, and financial responsibility forms allow our Athletic Trainers to support your wellness needs.
- • Artists do not incur an expense associated with care received within the Dance Wellness Clinic; however, insurance co-pays and/or out of pocket expenses may occur when an artist sees a provider outside of the Dance Wellness Clinic (e.g., referral to Student Health Care Center physicians for x-ray, bloodwork, etc.).
- • When the athletic trainer is not onsite/available in the clinic, the Sports Medicine and Acute Care Clinic at the Student Health Care Center is available to you!
- • Website: <https://shcc.ufl.edu/services/specialty-care/smac/>

- • Location: Room 101 in the Student Health Clinic on campus, 1st floor, Infirmary Building, 280 Fletcher Drive.
- • Phone Number: (352) 294-7345

SECTION 6: HEALTH AND WELLNESS

- When you call, please indicate that you are a Dance or Musical Theatre Major and provide information on the severity of your injury. Please inform your 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.

Emergent Issues and Critical Incidents

For emergent conditions, please contact 911 and follow the Emergency Action Plan procedures posted on the Dance Wellness Clinic door (G9). Please notify your athletic trainer if you seek care outside of the Dance Wellness Clinic so they may support you during your recovery. Artists who require emergent care for conditions such as heat illness, concussion, cardiac events, and/or other serious issues will require physician clearance prior to returning to dance/theatre activities. Please communicate with your athletic trainer to ensure appropriate management of critical incidents.

Participation Restrictions and Faculty Communication

- • For your safety, the athletic trainer may offer modifications and/or restrictions to dance activities to support your injury/illness recovery. If you have participation status changes related to an injury, your Athletic Trainer will provide participation guidance to your faculty through a weekly “Wellness Update”. Artists should not participate beyond the level deemed safe by the healthcare team and should communicate with their faculty, choreographers, directors, and other class, rehearsal, and/or performance personnel as appropriate.
- • In some situations, the Athletic Trainer may determine the artist should receive additional care/services outside the Dance Wellness Clinic to appropriately manage their injury/illness (e.g., concussion, heat illness, lack of progression with chronic injury/second opinion for an injury, traumatic acute injury, etc.). In these circumstances, a dancer must follow the limitations set in place by the physician and will not receive FULL activity clearance until the physician (or designated provider) provides written clearance. Financial responsibility for services and/or care (e.g., radiology/imaging, physical therapy, etc.) received from a referral outside of the Dance Wellness Clinic is the sole responsibility of the artist. Artists should provide documentation from outside providers to the athletic trainer via the ATS Documentation Portal (electronic upload) or via hard copy at the next appointment.

