

In order to prepare your young dancer for the greater world with resilience, determination, and self discipline, as well as to develop dancers with strong technique, Island Dance is now implementing a new policy for dancers regarding soreness and pain.

We are no longer going to allow a dancer to just sit out of class on the side just watching and taking notes. Going forward we are first going to take a quick assessment of the source and effect of the pain they are feeling.

If the pain is indication of an actual injury (especially structural), we will excuse the dancer from class, notify the parents to take them home immediately, and not let the dancer return to any dance class without a doctor's note clearing them to return to dance. Depending on how long the dancer is out they may be required to dance down in level until fully recovered, as well as any other remedies for not meeting training requirements.

If the pain is NOT indication of injury, but of standard dancer soreness/pain, they will be required to take class being expected to do what they are able, making modifications as needed, or just marking what they are unable to do. There will no longer be an option to sit out of class nor to stand aside during any exercise.

If a dancer needs assistance or direction on what they can do to modify an exercise or treat what they are feeling, ask the teacher. They are more than happy to help the dancer recover and improve.

We are implementing this new policy because there has been an epidemic of our dancers complaining and sitting out with every little thing that no other dancer outside of Island Dance would ever consider doing. Dance is full of soreness and pain, as are all forms of athletics.

Only real injuries are excusable. Only real injuries unilaterally preclude participation in any and all dance activity until healed. All other pains and soreness can be worked through with mindful modifications.

YOUR BODY

YOUR RESPONSIBILITY

On the same note as above, some of the complaints of pain and soreness stem from dancers not taking the initiative to prepare themselves for class or rehearsal. All too often dancers walk in to the studio and start talking and standing about. This is irresponsible to your body and disrespectful to the art of dance. A dancer ALWAYS (LITERALLY, ALWAYS) *starts actively warming up and stretching (once warmed) the moment they enter the studio. They always focus on caring for the soreness/pain issues when warming up to advance their healing. They don't just sit in their comfy stretch talking with their friends. Be proactive. Be self-responsible. Be expansive. BE A DANCER.*

Thank You

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