

REHEARSALS – GENERAL SAFETY

WHAT THIS SHEET APPLIES TO

In-class and after-hours participation in rehearsals by faculty, staff, and students. Spaces covered include the Cellar Theater, Strider Theater, the Lobby, and ad hoc rehearsal spaces selected by event leaders.

RISKS INCLUDE

Muscle and ligament injuries, vocal damage, tripping, slips, falls, and personal illness.

GUIDELINES, RULES, & PROCEDURES

- Do not attempt any movement or voice work without an appropriate warm-up.
- Event supervisors should make certain that the space is unobstructed and well lighted.
- Event supervisors should make certain that the floor is clean and dry. This is especially true if actors must work in bare feet (discouraged).
- All participants, including non-class acting volunteers, should familiarize themselves with the particularities of the rehearsal/performance space.
- Anyone who takes a rehearsal space into complete darkness must inform participants that it is about to happen.
- No individual should attempt to move heavy objects without assistance.
- Participants with special health concerns should inform the event supervisor.
- All militant movement must be certified by a qualified fight choreographer.
- Appropriate footwear and clothing should be worn at all times.
- If flames need to be used, see the *Safety Information Sheet* entitled "Fire Protection & Fire Safety."
- Know the location of the nearest first-aid station, phone, fire extinguisher, fire alarm pull station, and fire exit at all times.
- Rehearsal space should be left in the condition in which it is found, or better.
- "Buddy up" when traveling to and from rehearsals, particularly at night. Never check dressing rooms or isolated backstage areas by yourself.

FOR FURTHER UNDERSTANDING

Go to www.colby.edu/theater for textual and Internet resources.