

## DANCE STUDIO

### WHAT THIS SHEET APPLIES TO

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Classes, rehearsals, and workouts by faculty, staff, and students using the Gordon Center Dance Studio.

### RISKS INCLUDE

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

### GUIDELINES, RULES, & PROCEDURES

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- The studio closes from 11:00 p.m.- 7:30 a.m. and it is strongly encouraged that students do not work the evening hours alone in the Studio.
- No movement should be attempted without appropriate warm up.
- Always dress in normal dancewear or loose and comfortable clothing. Examples of inappropriate clothing include tight pants, skirts, and jewelry.
- Shoes are not allowed. Bare feet are recommended. If you must wear socks for whatever reason, extra precaution must be taken.
- Event supervisors should make certain that the space is unobstructed and well lighted.
- A complete first aid kit is stored in the stereo cabinet. Any injuries beyond scrapes, floor burns, small cuts etc. should be taken to the Health Center with someone assisting.
- Location of fire extinguishers is in both stairwells on the second floor landings.
- Use of the aerial equipment (including the tall ladder) requires specialized training and permission from Colby's Director of Dance.

### FOR FURTHER UNDERSTANDING

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Go to [www.colby.edu/theater](http://www.colby.edu/theater) for textual and Internet resources.