Returning to Dance

Physical and mental preparation for returning to dance:
Nutrition and fitness
COVID19 vulnerability and equality and diversity Part 2: Voices from the sector on implications of vulnerability in COVID19 and returning to dance
By the end of this webinar today, we hope to

Hear voices from the sector on implications of vulnerability in COVID19 and returning to dance

At the end of the webinar, we will have an open space discussion, where you will be able to interact with other attendees, ask questions, and discuss your thoughts.
Context of these webinars

- Public health is a devolved issue. Keep in mind that guidance for dance activities in England, Northern Ireland, Scotland and Wales varies.

- If planning dance activity, you should always consider whether there are local restrictions in place in your area or region. If so, you should first read the guidance relevant to your area as this may supersede guidance in this webinar.

- Government guidance will evolve with science. No one has all the answers, as medical and scientific understanding of coronavirus disease is developing – we are learning together!

- Read the relevant government guidance for your planned work. Use creativity, consider the resources available to you and discuss ideas with others to address guidance within your context.

- We aim to:
  - Provide a space to discuss, raise questions, identify issues and share practice
  - Support practical implementation of government guidance across the dance sector to help everyone to return to dancing safely
How to use this webinar

Type questions into the Q&A box

- We will try to address as many questions as possible live. All answered questions will be available in writing on One Dance UK’s website after the session.
- You can upvote questions you see in the Q&A box so they will move to the top of the list to be answered.
Our panel today

Kimberley Harvey
Director of Youth Dance Programme, Candoco Dance Company

Ellie Douglas-Allan
Senior Producer, Candoco Dance Company

Jeanfer Jean-Charles
Creative Director and Choreographer

Hannah Robertshaw
Programmes Director, Yorkshire Dance

Mark Smith
Founder & Artistic Director, Deaf Men Dancing

Sophie Tickle
Lead Artist, DanceSyndrome

Chair: Erin Sanchez
Manager of Health, Wellbeing and Performance, One Dance UK
Who we are

One Dance UK

Sector support organization for dance
Subject association for dance
Dance Medicine and Science Expert Panel

National Institute of Dance Medicine and Science

Enhancing dancers' health, wellbeing and performance
Kimberley Harvey
Director of Youth Dance Programme, Candoco Dance Company

Ellie Douglas-Allan
Senior Producer, Candoco Dance Company
Candoco & Covid-19

- Touring cancelled in March/April
- Youth and adult activity cancelled in March
- All other international and local activity paused
- Professional company returning to studio in September
Return to the Studio

• Social Model of Disability

• Communication and consultation with professional company, staff, freelance artists and young people

• Planning & practical considerations
Return to the Studio – Youth Dance

• Preparation – conversation, consultation

• Plans – blended learning approach

• Support for individual participants, parents/carers and freelance teachers

• Importance of communication and choice
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*Face In*, Yasmeen Godder 2017

Image credit: Hugo Glendinning
Jeanefer Jean-Charles
Creative Director and Choreographer

Photo by Stephen Wright
Hannah Robertshaw
Programmes Director, Yorkshire Dance
Dancing with vulnerable groups through Covid and beyond
Pre Covid – work with vulnerable groups

• Dance On Programme – over 300 older adults dancing on a weekly basis
• 3 weekly sessions with adult social care – over 60 adults with a learning disability
• 3 days per week in residential care homes working with over 50 residents
• Regular weekly sessions in 3 SEN schools with over 60 children.
• National touring project for professional artists with a learning disability and/or Autism.

Key considerations – participant groups
• Long term health conditions
• Dementia
• Learning disabilities
• Participants with a high risk of social isolation
Adapting during Covid

• A digital audit of participants

• Exploring non-digital ways of reaching people (phone calls, postcards, activity packs, outdoor sessions – in parks, on doorsteps, in care home and sheltered housing grounds etc.)

• Creating a range of videos for different groups.

• Setting up 3 weekly Zoom sessions for older adults

• Setting up monthly Zoom masterclasses (Voguing, African etc.)

• Reflection time (blogs, articles, podcasts)

• Maintaining key relationships (funders, community partners etc.)
Returning to delivery

- Adopting a mixed model approach (part online and part in-person)
- Reducing numbers in classes to allow for social distancing
- Removing or minimising touch in sessions
- Exploring the role of volunteers within a bubble (e.g. family, friends, care workers)
- Additional risk-assessing and implementing health and safety measures
- Adapting contracts for artists and ensuring clear planning for second wave or local lockdowns
- Responding to guidelines from venues and partners
Thoughts and questions...

Community artists during Covid, have been innovating and adapting OR getting jobs doing other things (care work etc.)

How will this change/shift how artists deliver in the future? What aspects of this new way of working (or new influences) will artists bring to their work post-lockdown?

For example, have we sparked new desire for delivering dance digitally? Does this enable more or less accessibility for our communities? Is it seen as a compromise or a limitation, or is it seen as a new context which we can continue to deliver in?

Will we all want to walk away from our screens after this, or adapt a mixed model of community dance delivery?
Pre-Covid, community artists were often caught up in cycles of delivery, often without time to refresh or explore new things (the concept of having a 'bag of tricks' which becomes the fallback in delivery.)

What is still relevant now?

What content is possible and what is not?

What CPD is needed?

What have we learnt from watching/experiencing other artists during lockdown?

What, if anything, do artists need in order to feel ready to work in their communities again?
How will communities feel about dancing together post-lockdown?

Will the need be greater?

Will people be more fearful?

How will community artists manage and adapt to this?
What will choreography look like? Will there be lots of walking? Lots of avoiding? Lots of complex pathways? Will we make lots of solos? Work without touch? Can we make ensembles?

Will communities be more present or less present in the professional dance we make?
Where will communities be dancing?

In lockdown, more people have met and danced outside or in new spaces or on screens. Are we craving studios again? Village Halls? Schools? Care Homes?

Have we opened up new spaces that we hadn't considered before and how does this affect the dance we can make?
How do we deal with loss and grief?

Does/will dance need to become more therapeutic as a result of Covid?

What about groups where many people have died? (care homes etc.)

How do community artists manage the emotions of the groups they meet? How does this affect the way we dance and the dance we make?
Particular considerations for vulnerable groups:

• In person or digital delivery OR mixed model approach?
• Recognising digital as a barrier for some individuals/groups
• Suitable PPE for each group or/and social distancing measures?
• Assessing use of contact (inc. use of props)
• Assessing safety in and out of the studio including travel, building use etc.
• Understanding different spaces and partners Covid protocols
• Understanding the needs and ambitions of groups/individuals
• Enhancing roles for volunteers/supporters within a bubble during the dance session
• Deciding how much information is useful to share with our communities and in what format?
Mark Smith

Founder & Artistic Director, Deaf Men Dancing
Sophie Tickle
Lead Artist,
DanceSyndrome
Questions
This is the final webinar in August.

Webinars in September will address transport, touring, and travel, and guidance in Scotland, NI, and Wales.