



nidms

national institute of dance
medicine and science



RETURNING TO DANCE

Physical and mental preparation for returning to dance:

Part 2 Nutrition and fitness

Friday 14 August, 1pm- 2pm

The webinar is about to begin.

Please note that all attendees will be muted throughout the session.

If you wish, you can add your name and dance context into the chat box to introduce yourself to other attendees.

Who we are

One Dance UK

Sector support organisation for dance

Subject association for dance in schools

Dance Medicine and Science Expert Panel



National Institute of Dance Medicine and Science

Enhancing dancers' health, wellbeing and performance



TRINITY LABAN CONSERVATOIRE
OF MUSIC & DANCE



UNIVERSITY OF
BIRMINGHAM



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



CHAT

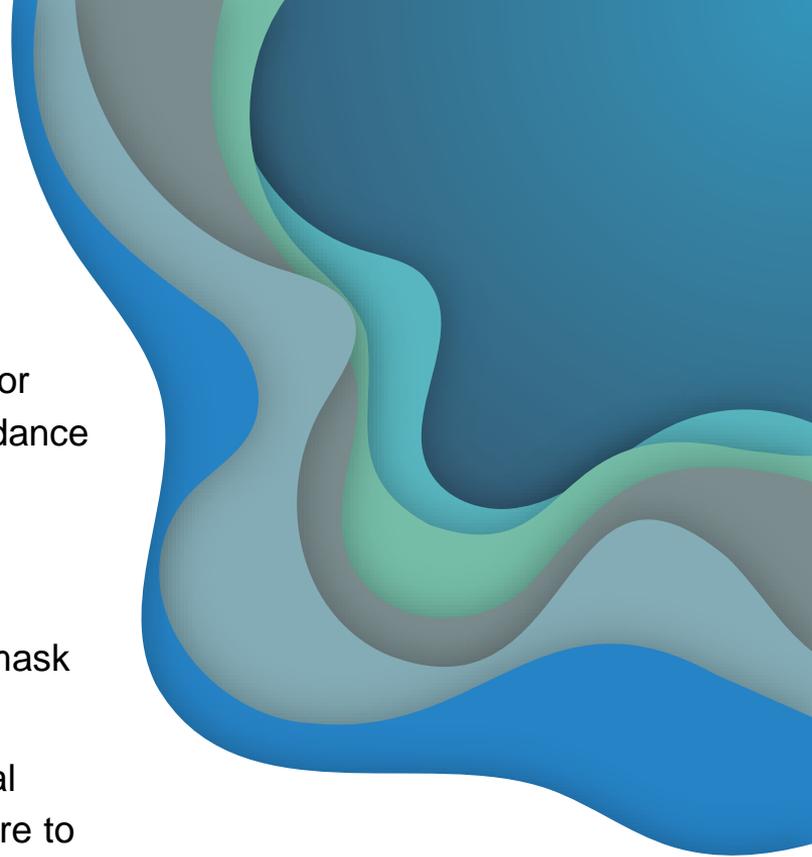


QUESTIONS

By the end of this webinar, we hope to

Discuss considerations for physical and mental preparation for returning to dance in relation to relevant UK government guidance including

- **Nutrition:** restorative nutrition after COVID, considering nutrition during lockdown and moving forward, specific supplements considerations, and managing fluids with mask wearing
- **Fitness:** addressing the challenge of diversity in physical activities levels during lockdown, and balancing the desire to just dance with the need to focus on long term goals and quality



Our panel today

Chair: Erin Sanchez

Manager of Health, Wellbeing and
Performance



**Prof Matthew Wyon PhD
CSCS FIADMS FHEA**

Professor in Dance Science,
University of Wolverhampton



**Jasmine Challis, BSc
(Hons) Nut. RD**

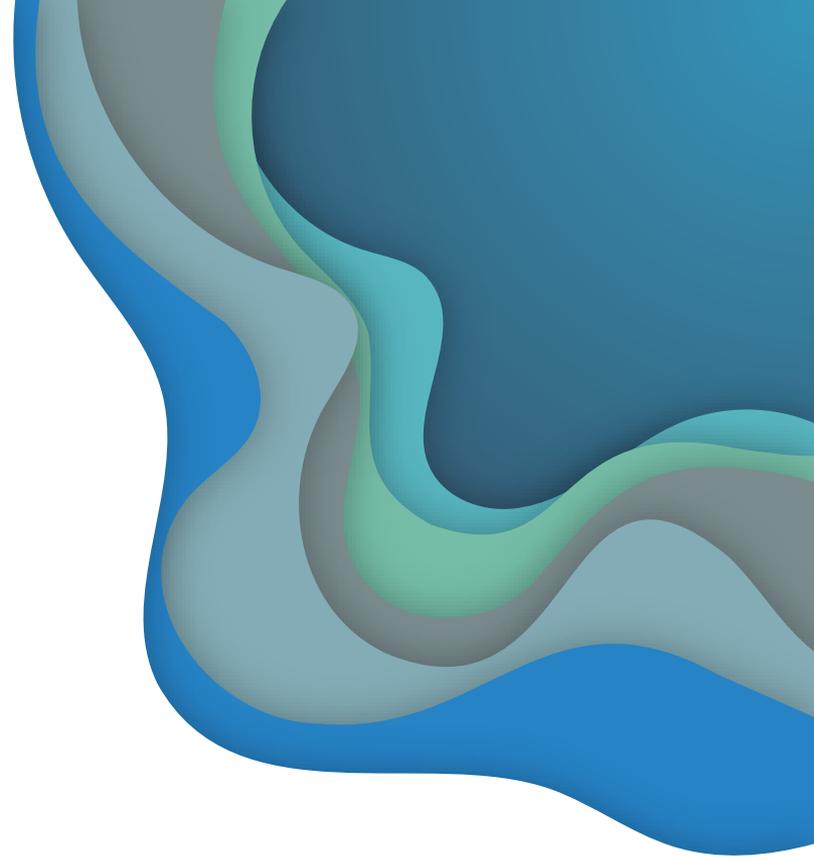


Jasmine Challis, BSc(Hons) Nut. RD



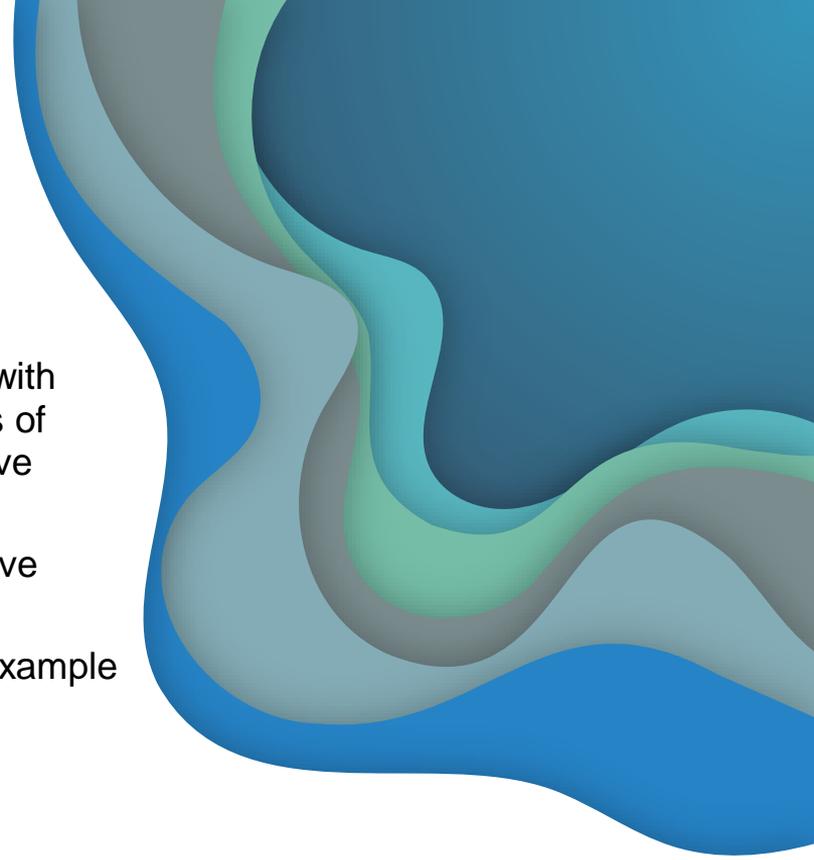
One Dance UK 2020

- *Physical and mental preparation for returning to dance: Nutrition*



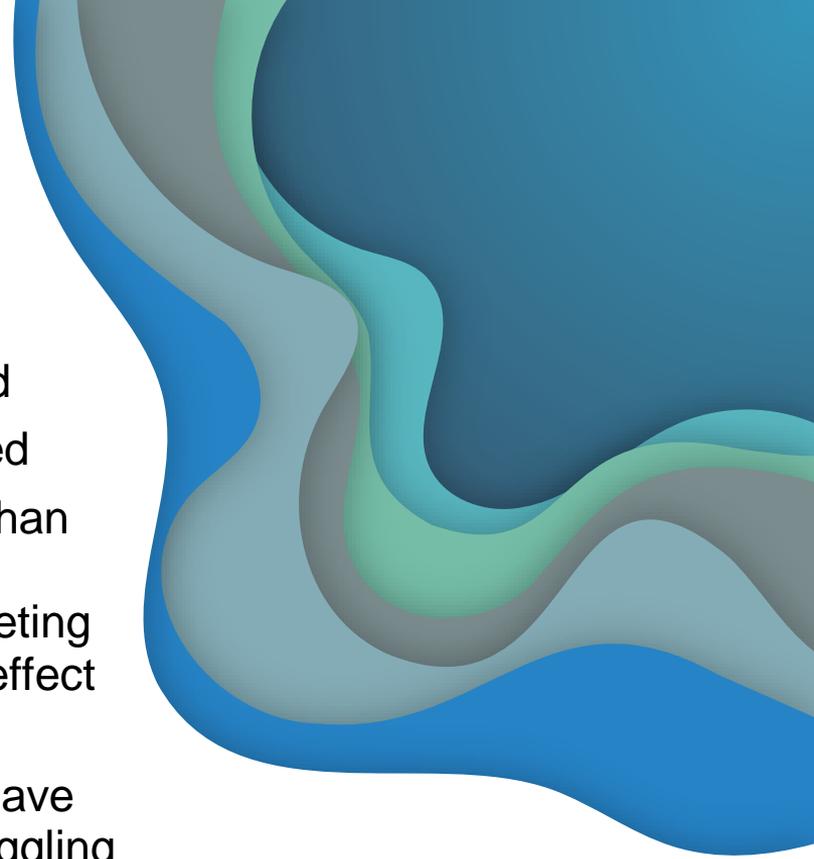
COVID Specific Nutrition Questions

1. Are you working with any dancers who have been unwell with Covid, and may still be working to resume their normal levels of health and fitness and need to focus additionally on restorative nutrition?
 2. How has nutrition been during lockdown and as things move forward?
 3. Should dancers consider any specific supplements? For example Vitamin D has a role to play in the immune system
 4. How do dancers manage Fluids with mask wearing?
- www.bda.uk.com
 - www.IADMS.org
 - <https://www.onedanceuk.org/membersnews/duk-info-sheet-12-nutrition-for-dancers/>



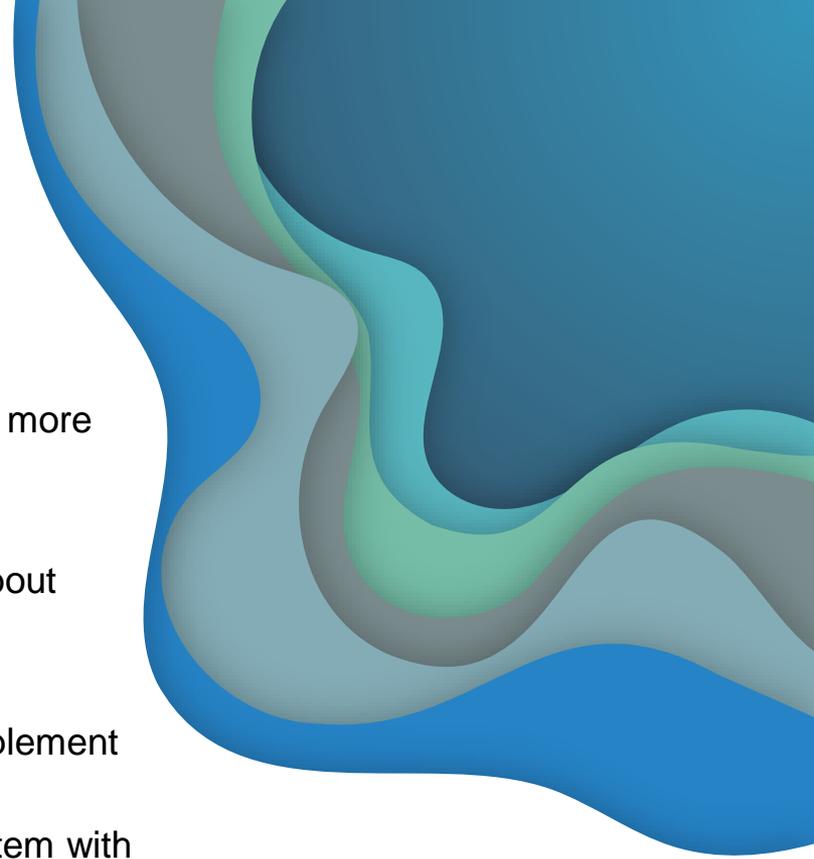
Changes to nutrition during lockdown and since

- Nutrient intake may have improved or reduced
- Budget for food may have improved or reduced
- Body composition may have changed- other than changes due to differences in training: those concerned about this would best focus on meeting nutrient requirements and reviewing with the effect of training
- Disordered eating/eating disorders may well have become more prominent in those already struggling with their relationship with food: be aware of the routes to signpost dancers to locally for help



Should dancers consider supplements at this point?

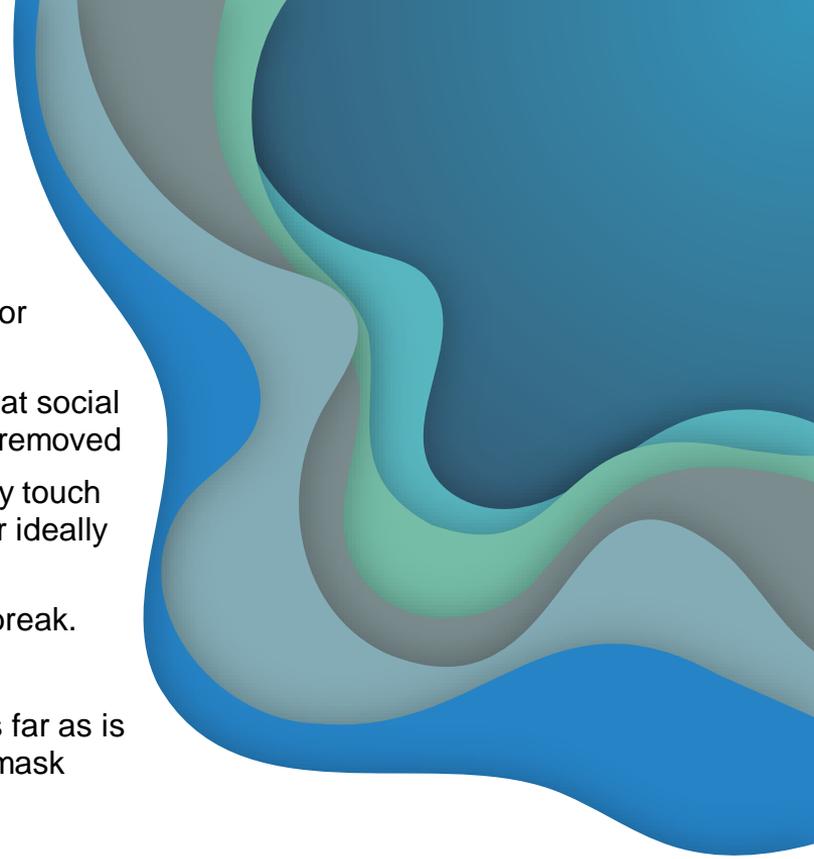
- Vitamin D: Yes: either 10mcg on average per day, or as prescribed, needed for immune system but no evidence more will help
- Other vitamins/minerals?
- If Vegan or almost vegan then yes: B12, Iodine, think about omega 3 fatty acids, iron, calcium
- Vegetarians: be aware of iron
- If intake has been limited for any reason, a general supplement for a short while and focussing on food intake too
- No specific Covid suggestions: support the immune system with the copper, folate, iron, selenium, zinc and vitamins A, B6, B12, C (and D) it needs



Suggestion for managing drinks and masks

As it is not possible to drink through a mask, there needs to be a plan for managing this:

- Consider set drink breaks, and make sure dancers set up drinks at social distance intervals, optimize ventilation for times when masks are removed
- Remove masks/create access for drinking: remind dancers to only touch ear elastic/ties, to remove either one side of mask/pull it down, or ideally remove into container to take home for laundry/disposal
- It is recommended to have a clean mask to use after each drink break.
- **Sanitize hands and drink,**
- Replace mask with clean dry mask, only touching ties/elastics as far as is possible, or retie/fix existing mask, touching the face area of the mask minimally
- **Wash/sanitize hands** then continue with dancing.
- Dancers may need a number of masks for each day



**Prof Matthew Wyon PhD CSCS
FIADMS FHEA**

Professor in Dance Science
University of Wolverhampton



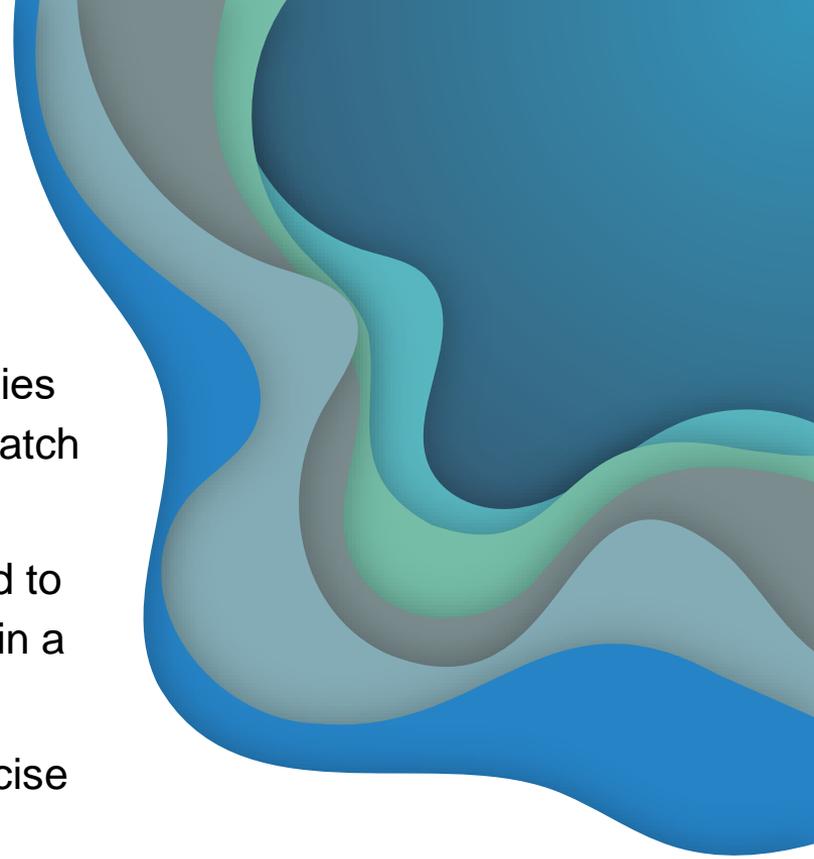
The Issue

- 3-4 months of reduced activity
 - Not just dance activity but everyday activity
- Huge diversity in physical activities levels during lockdown
 - Some increased exercise
 - Most decreased exercise
 - Everyone starting at a different point
- But
 - Everyone's body still remembers what they were capable of
 - Everyone's mind remembers what they could do just a few months ago
- Results in the John Wayne walk



Moving forward.....

- We'll think we can do more than we can, our bodies will think we can do more than we can, need to catch up pressure, we want to *just dance*
- Slowly but surely is the name of the game – need to focus on long term goals not achieve everything in a couple of weeks
- It is the quantity of exercise and intensity of exercise that our bodies may feel they can do but actually can't (or they can but you'll pay for it the next day)



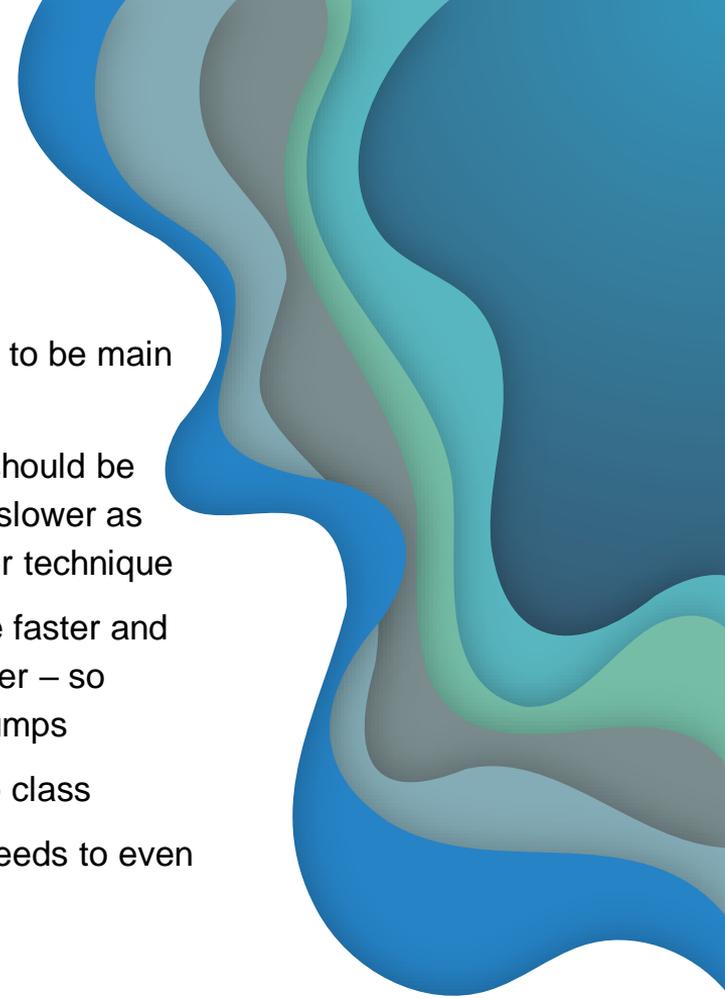
Planning – recreational dancers

Young and adolescents

- Technique will need to be main focus
- Physical demands should be fine as pace will be slower as they try to remember technique
- If they do multiple classes on a day – limit these and gradually increase
- Reduce number of jumps to no more than 200 a day at first
- Realise they will be frustrated as can't do what they used to do in the way they used to do it
- Make it **FUN**

Adult classes

- Technique will need to be main focus
- Physical demands should be fine as pace will be slower as they try to remember technique
- Their bodies decline faster and take longer to recover – so reduce number of jumps
- Plan more rests into class
- (Elderly – classes needs to even slower)
- Make it **FUN**



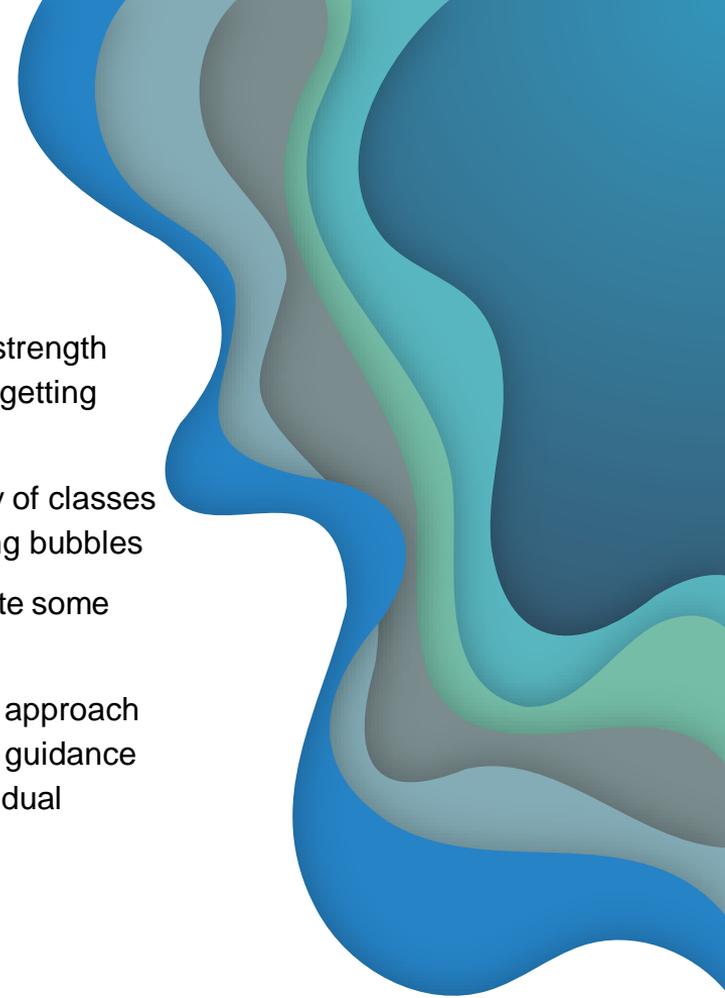
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Key Stage 4 & 5

- Consider all aspects of strength and conditioning, not forgetting stretching
- Only increase frequency of classes if it does not affect mixing bubbles
- Consider how to integrate some gradual conditioning
- Avoid a 'one size fits all' approach when thinking about the guidance on fitness, tailor to individual settings and needs



Planning - Vocational dancers

Week 1

- 1 class a day with no jumps
- Get students to practice jumps separately focus on landing (small jump and land with slow plie, focus on alignment), skipping in trainers, lunges, calf raisers, core training

Week 2

- 2 classes a day – limit jumps to 1 class every other day and no more than 200 jumps per class (see how they feel the next/following day)
- Keep up supplemental training

Week 3

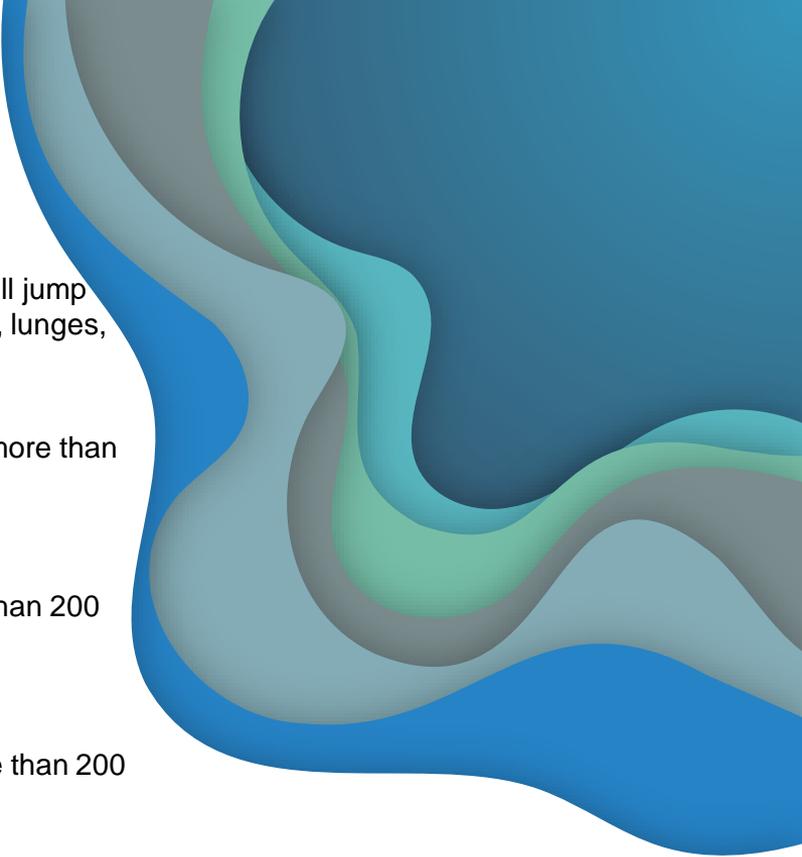
- 2 classes a day – limit jumps to 1 class every day and no more than 200 jumps (see how they feel the next/following day)
- Keep up supplemental training

Week 4

- 2-3 classes a day – limit jumps to 1 class every day and no more than 200 jumps (see how they feel the next/following day)
- Keep up supplemental training

Week 5

- 2-3 classes a day – Jumps in classes one day, 1 the following, etc.
- Keep up supplemental training



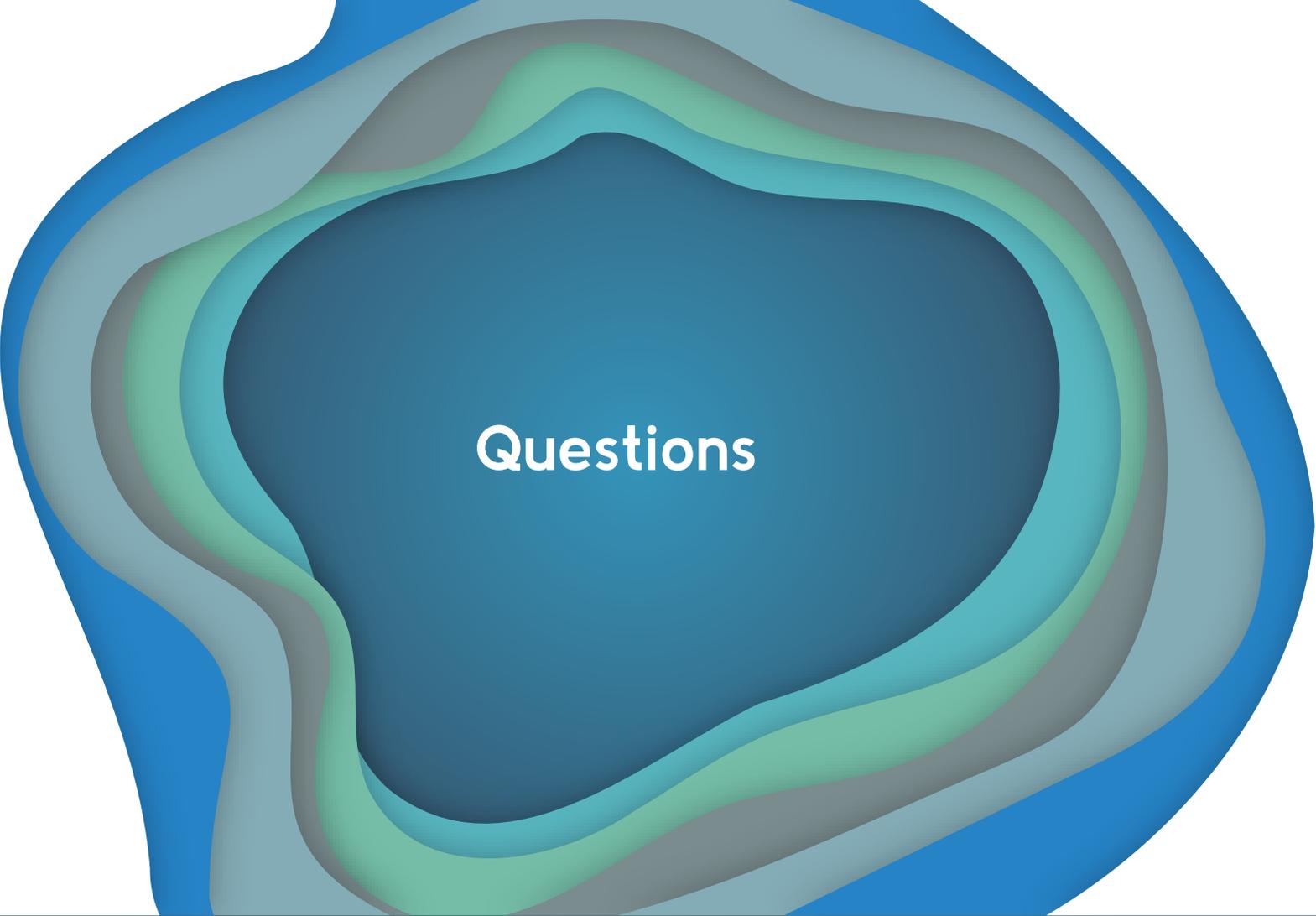
MAKE IT FUN

Remember

- If we charge in too quickly the result is broken bodies, so the rush to catch up will result in more delays
- It is impossible to plan remotely for how students will respond
- It is “suck it and see” but it is better to start cautiously
- Look at how dancers are moving – not being able to go down as far in a plié is a result of muscle damage and the body not coping
- Dancers want to dance, they want to get back and catch up
 - Teachers job is to rein in the charge and move gradually from walk, to trot, to canter 😊



MAKE IT FUN



Questions

Attend our upcoming webinars

- Wednesday 19 Aug 1-2pm COVID19 vulnerability and equality and diversity: Review of the government guidance
- Thursday 20 Aug 10am – noon COVID19 vulnerability and equality and diversity Part 2: Voices from the sector on implications of vulnerability in COVID19 and returning to dance

Future webinars will cover:

- Transport, touring, and travel

