

Return to Dance Guidance

Webinar 6 - 'Returning to Dance: Physical and mental preparation for returning to dance activity - mental health and injury management'

One Dance UK & NIDMS Expert Panel

6th August 2020

Host: Erin Sanchez

Chair: Emma Redding

Panellists: Irina Roncaglia, Martin Lanfear

Live Q&A

1. Time Point: 28:44

Q. Since the beginning of lockdown, I've been teaching on Zoom, both live and pre-recorded classes. Some of my students have expressed a worry that they have doing things wrong the whole time because haven't been able to receive the depth of feedback that they may have otherwise received during a normal class. What are your thoughts on this? Some students have also opted to turn their cameras off for classes as they haven't wanted their teachers to see their domestic spaces, which may too have added to their concerns about unknowingly doing things wrong – could you comment on this?

A. [IR] Mistakes are an important part of the learning process, as is having an understanding that you require some level of correction – learning new skills and knowledge can be built as a result of this. It is reassuring for the student to know that mistakes and errors are a part of learning.

2. Time Point: 36:53

Q. Will these slides be available to share in PowerPoint or PDF formats?

A. [ES] Yes. We try to provide the information from these webinars in multiple formats as we are aware that people learn in different ways. All of the slide presentations are downloadable from our website as a PDF. You can also download the written answers to the questions in a Word format.

3. Time Point: 37:40

Q. We have students who haven't engaged a lot, if at all in online learning, and others who have done a lot. Some students will therefore come back quite fit and ready whilst others won't. We have a varied group of students who will have each had a different experience of dance over the last few months. Do you have any advice or comments about this?

A. [IR] Technology access is an important thing to consider here. Individual needs should be identified, and the faculty and teaching team should help to address these in a fluid way with extra awareness that everybody will be re-joining at a very different level. There may need to be extra support for those who have been unable to engage in online learning, so that mentally that are not feeling that they are so far behind their peers who

have been able to a lot of fitness training and conditioning. Perhaps a care package should be in place for these students, with greater consideration given to fluidity of learning as opposed to just following the curriculum.

[ER] Yes, we will be teaching who is in-front of us as opposed to teaching strictly to a pre-prepared plan.

4. Time Point: 55:00

Q. A lot of our students are desperate to move as they have been doing a lot of standing work. We will be trying to manage their expectations as we won't be able to go straight back to full-throttle, high intensity exercises and high workload classes. Do you have any comments about this?

A. [ML] I think the key is conversation and that we are talking to our dances. We all need to build back-up slowly.