



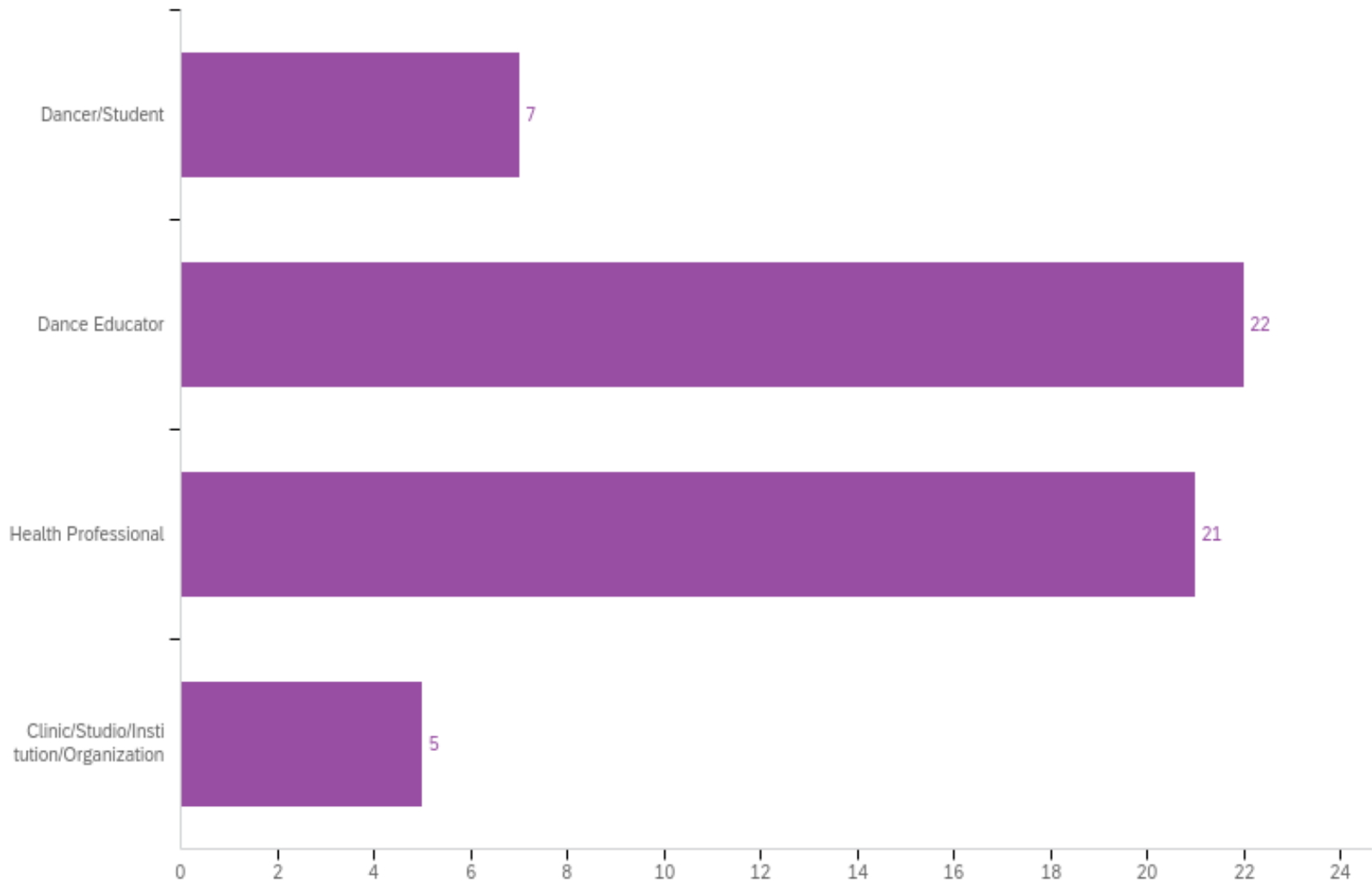
**Healthy
Dancer** Canada
The Dance Health Alliance of Canada

HDC Strategic Planning Survey Results

HDC Strategic Planning Retreat, May 5-7, 2023

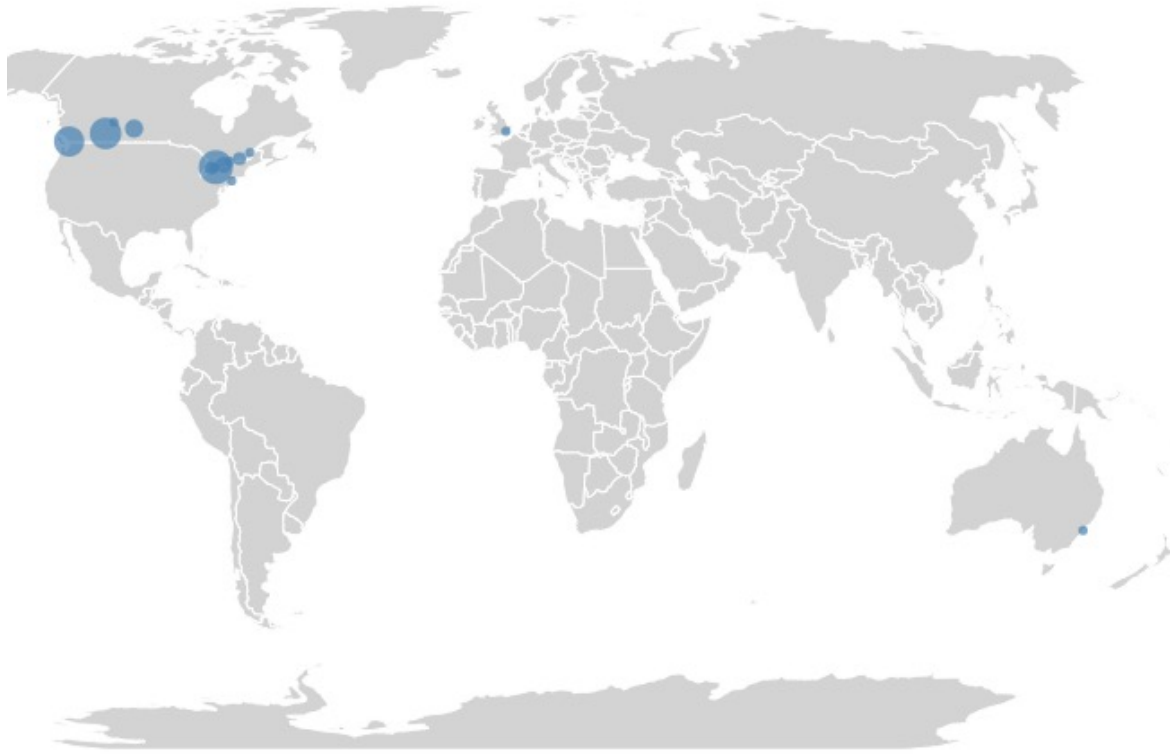


Who are our members?



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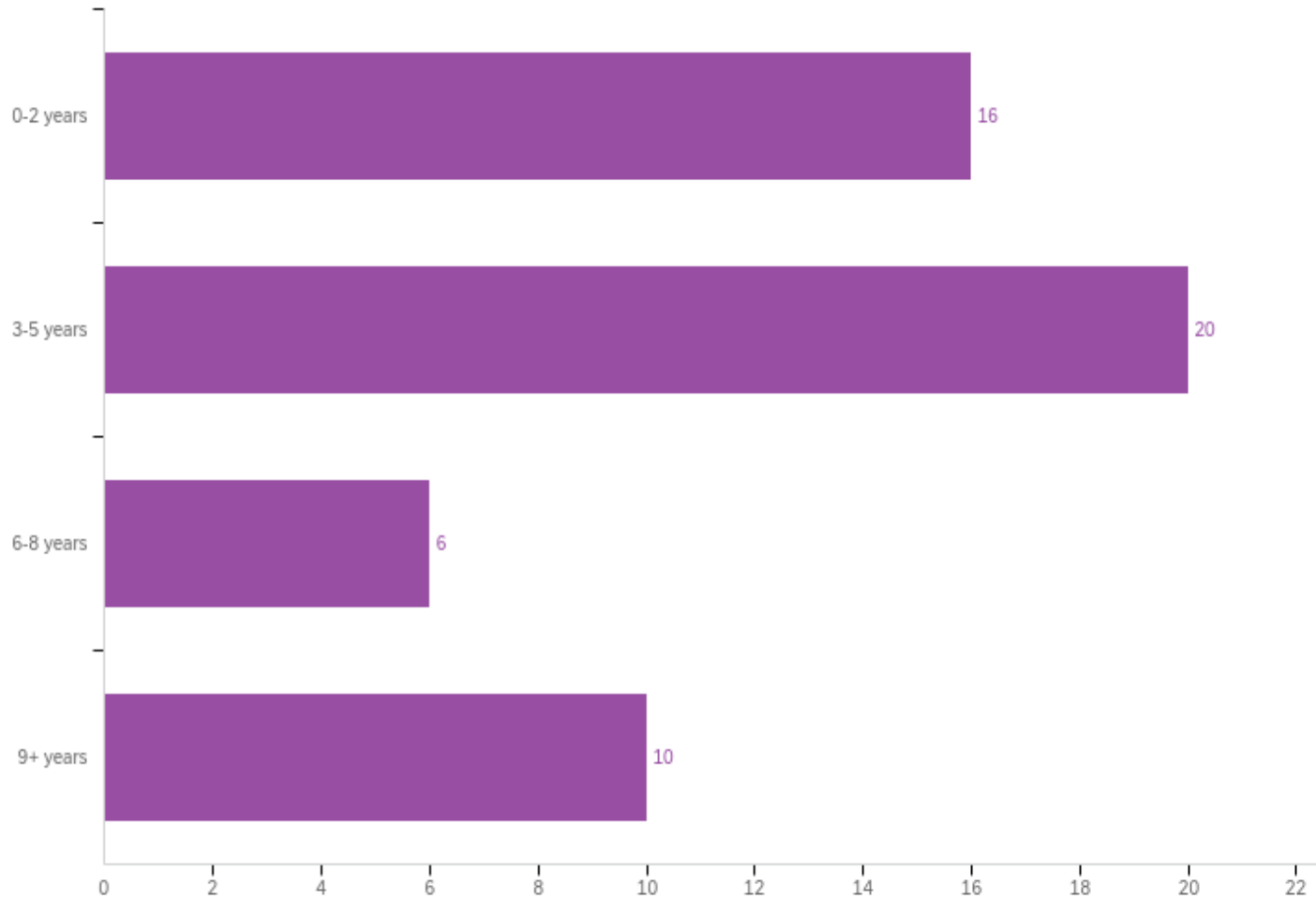




Who are
our
members?

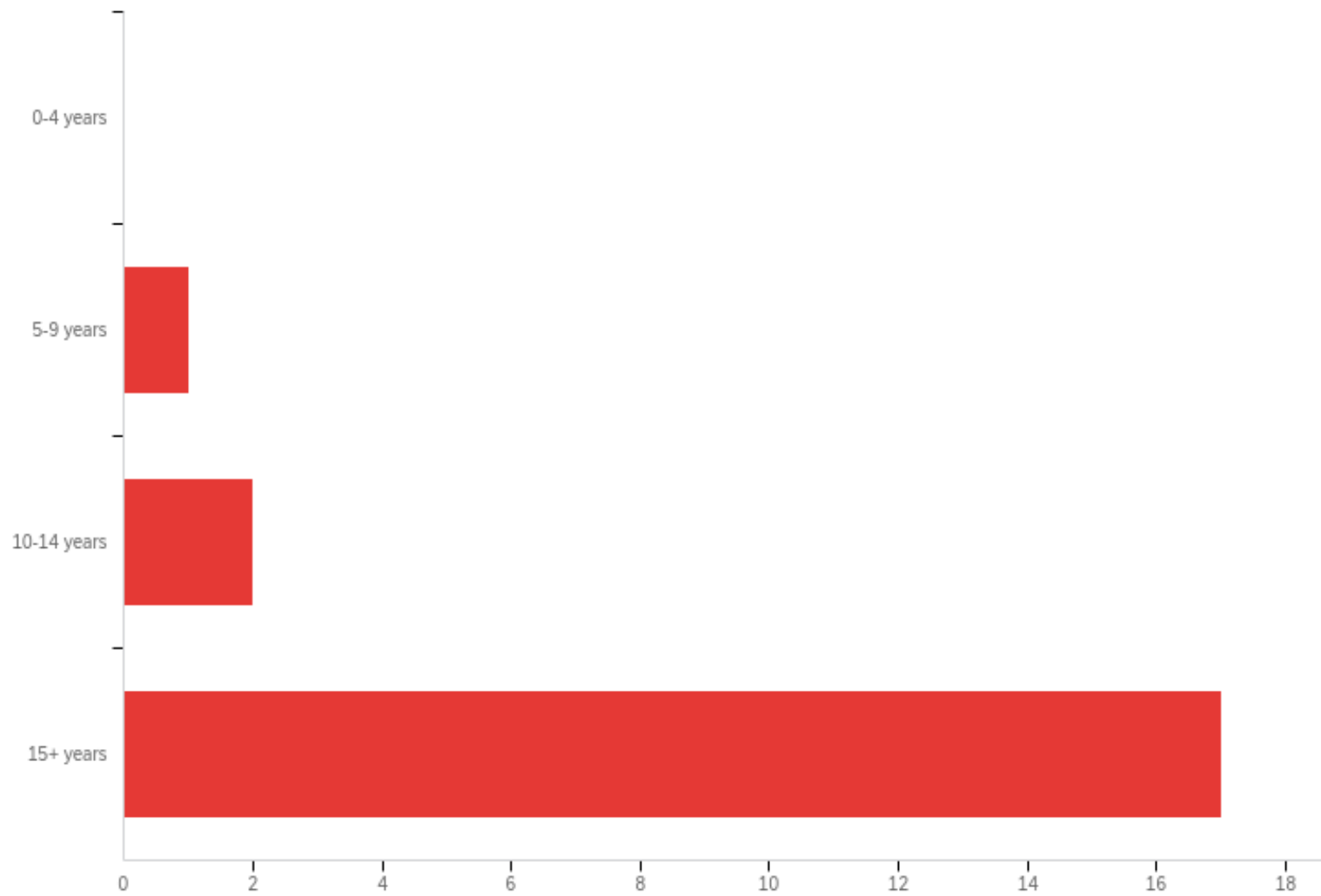
Geographic location

How long have you been an HDC member?

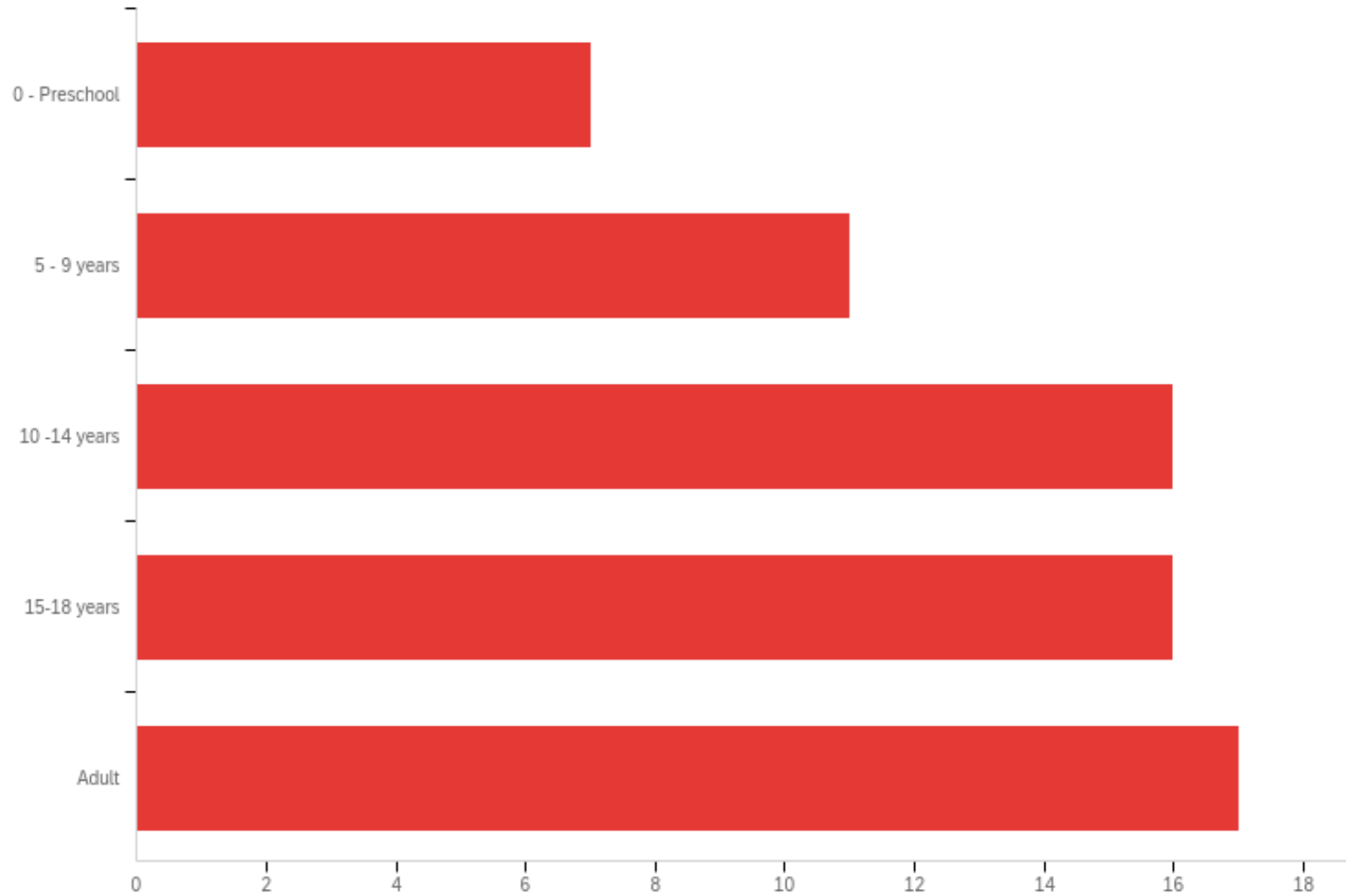


Dance Educators

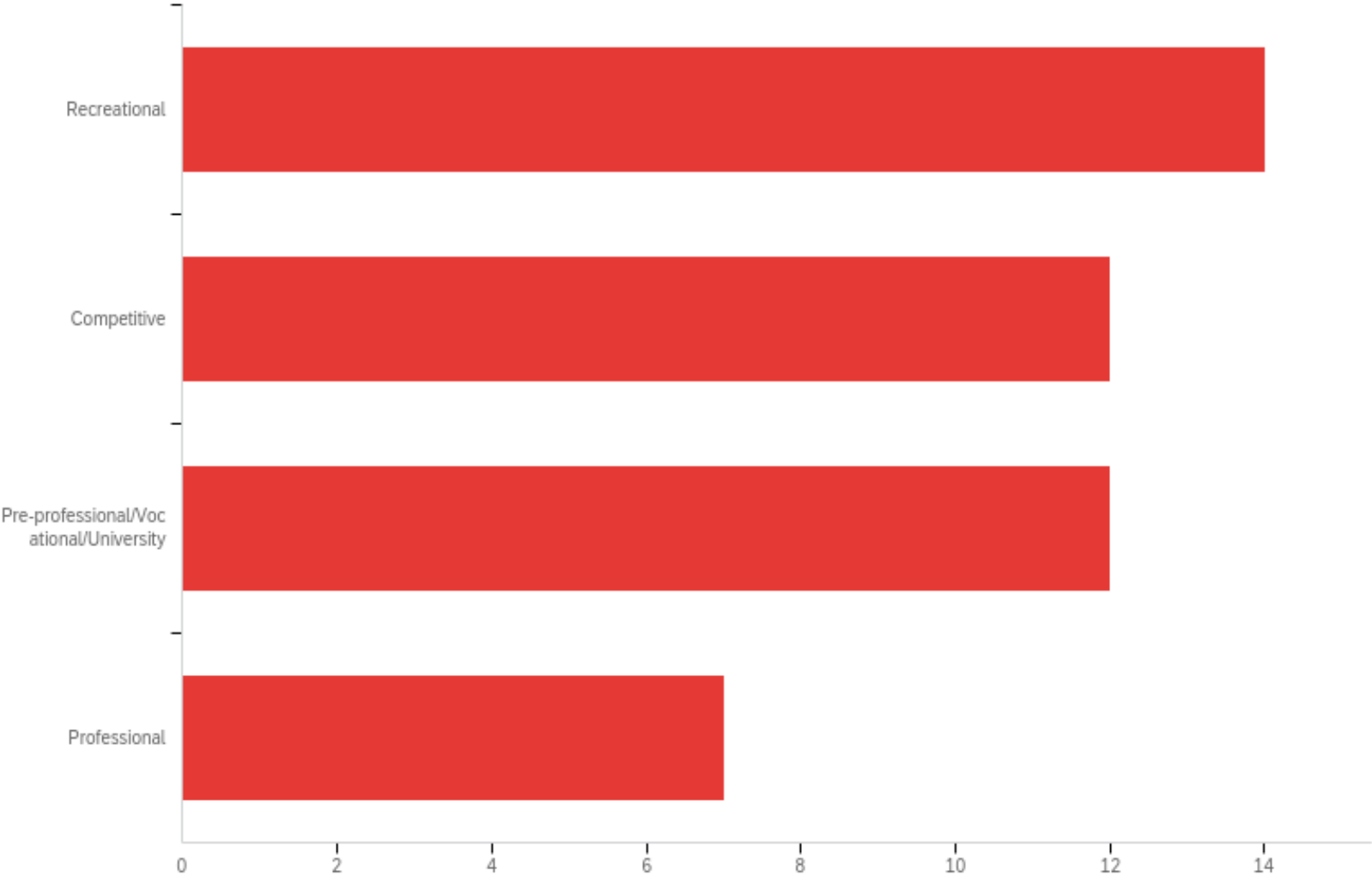
Years as a Dance Educator



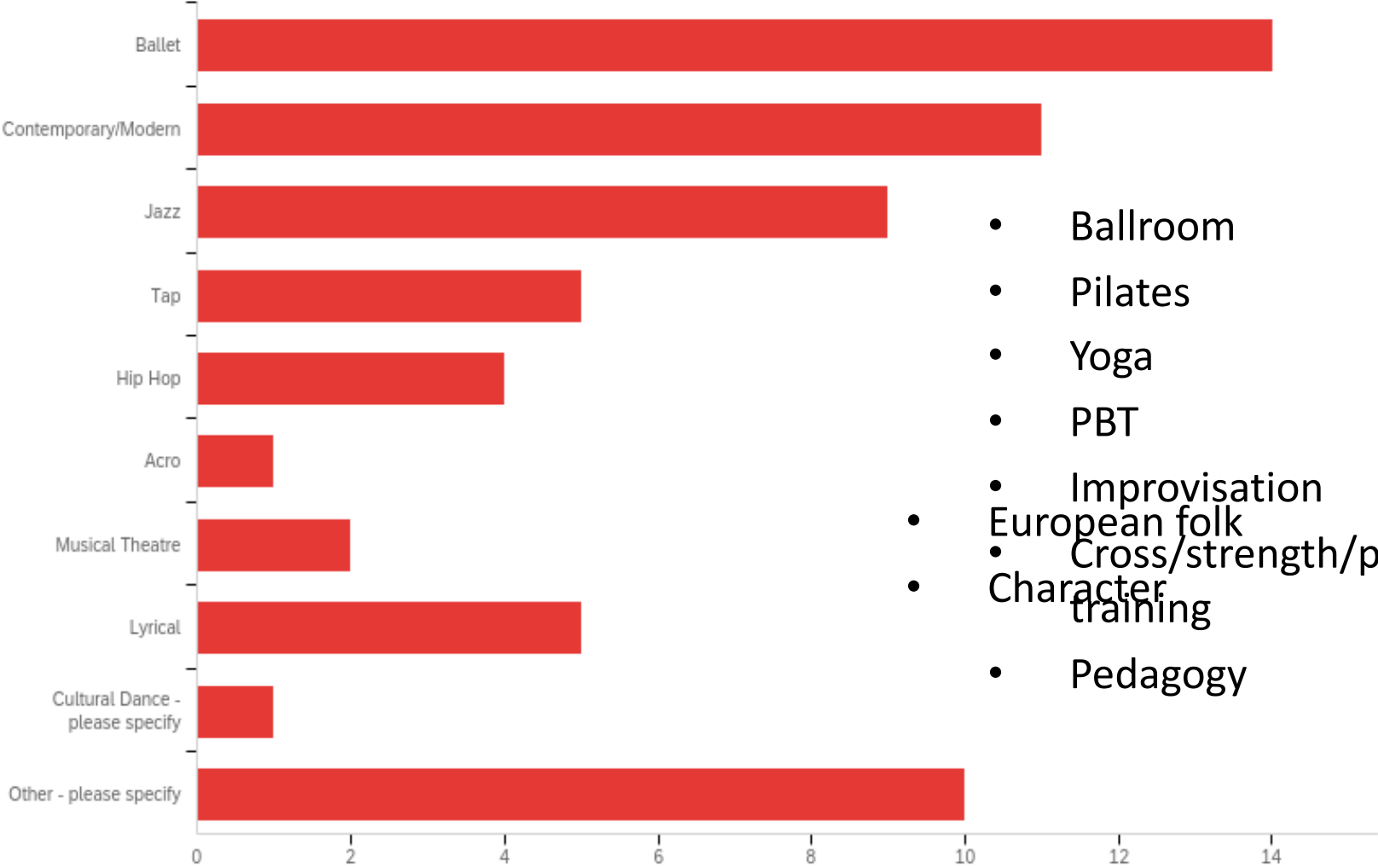
Ages taught



Dance level



Dance Genre

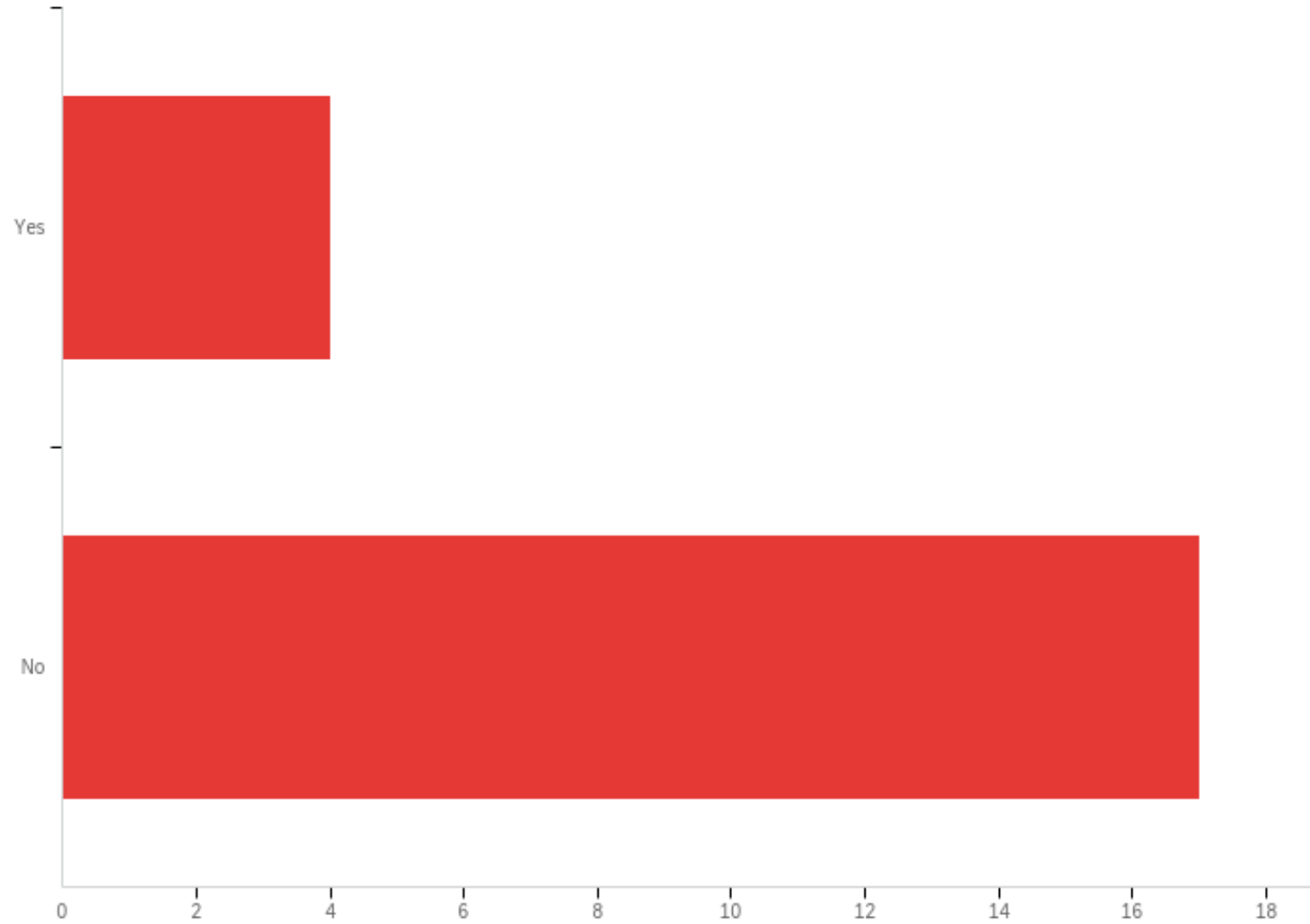


- Ballroom
- Pilates
- Yoga
- PBT
- Improvisation
- European folk
- Cross/strength/personal
- Character training
- Pedagogy

Clinic/Studio/Institution/Organization

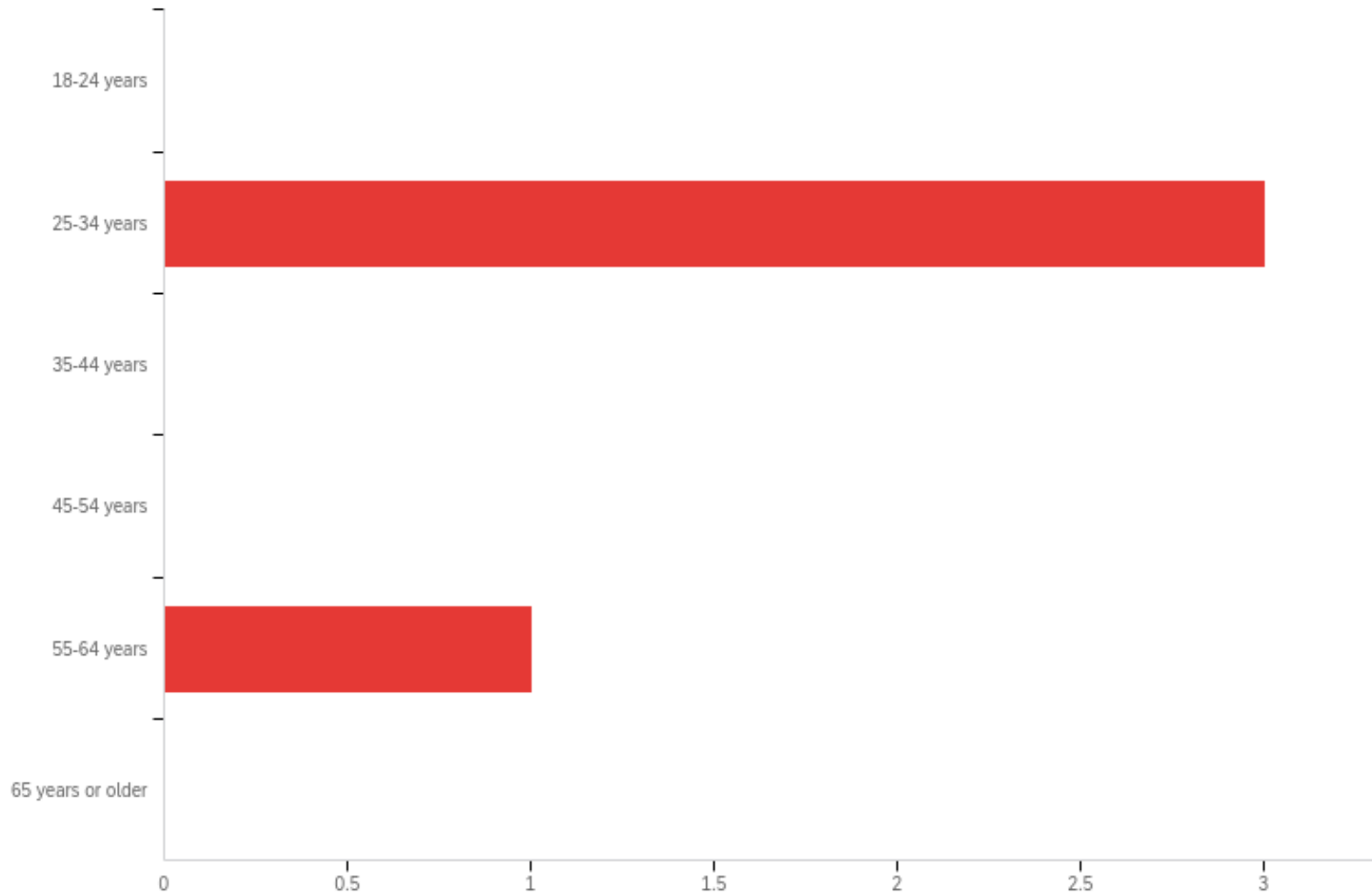


Are you a studio owner?

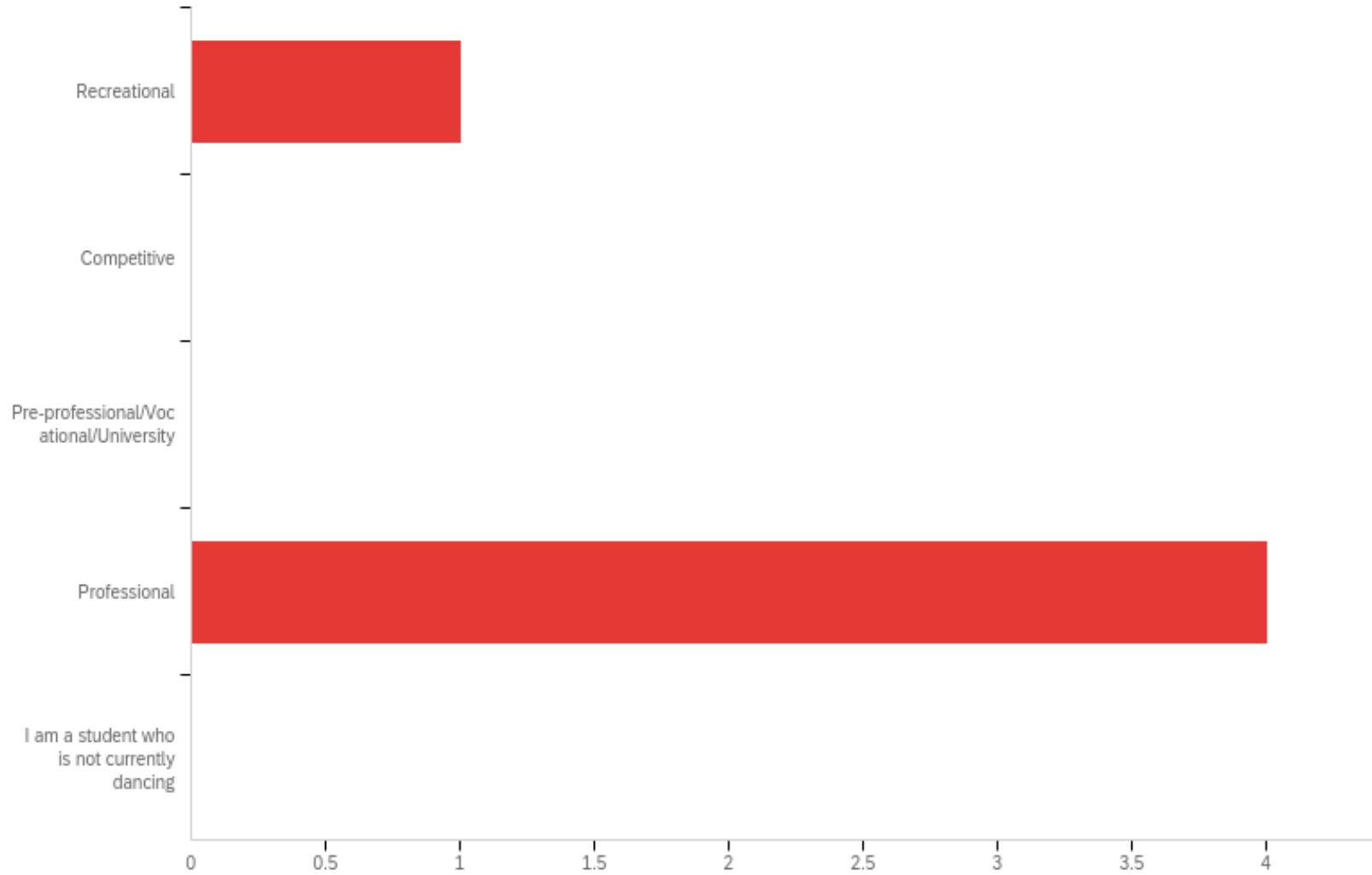


Dancer/Student

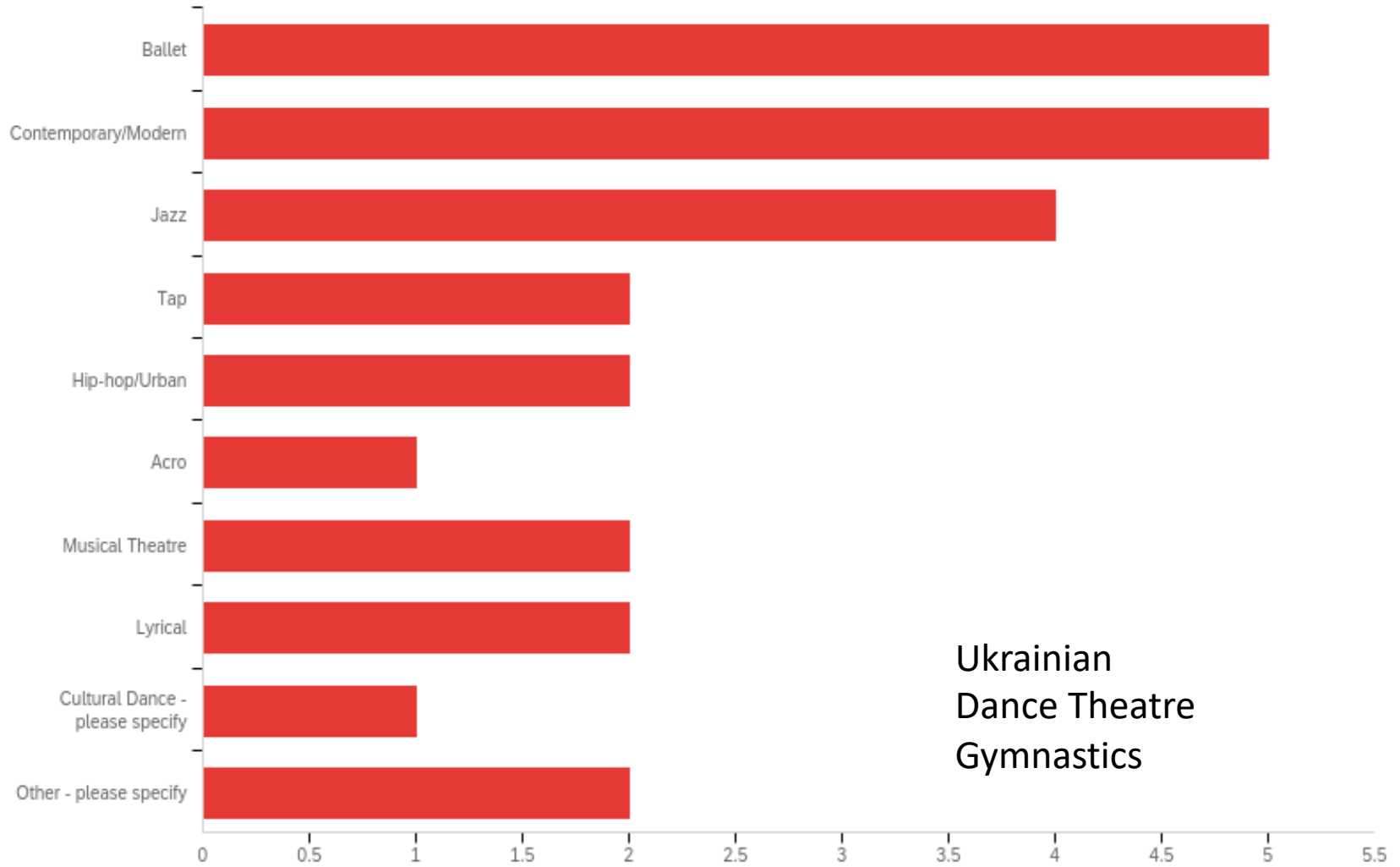
Age



Dance level

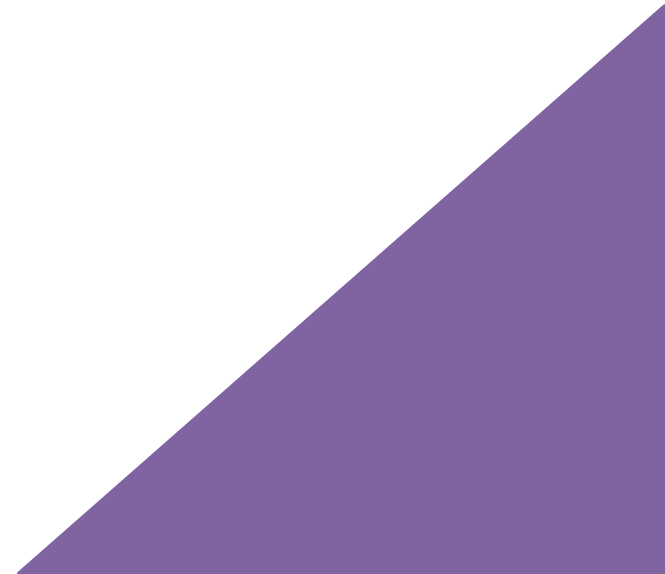


Dance genre

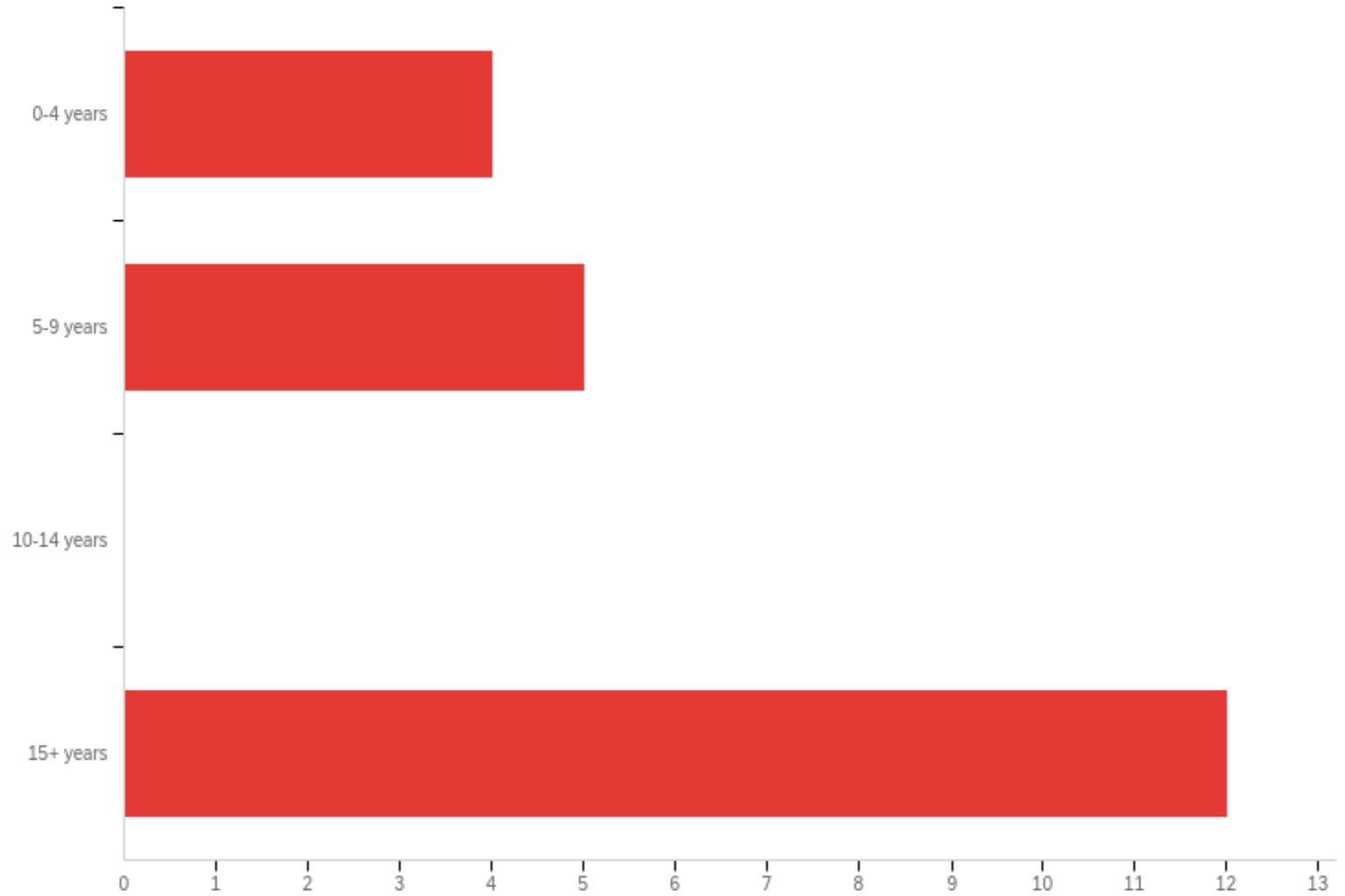


Ukrainian
Dance Theatre
Gymnastics

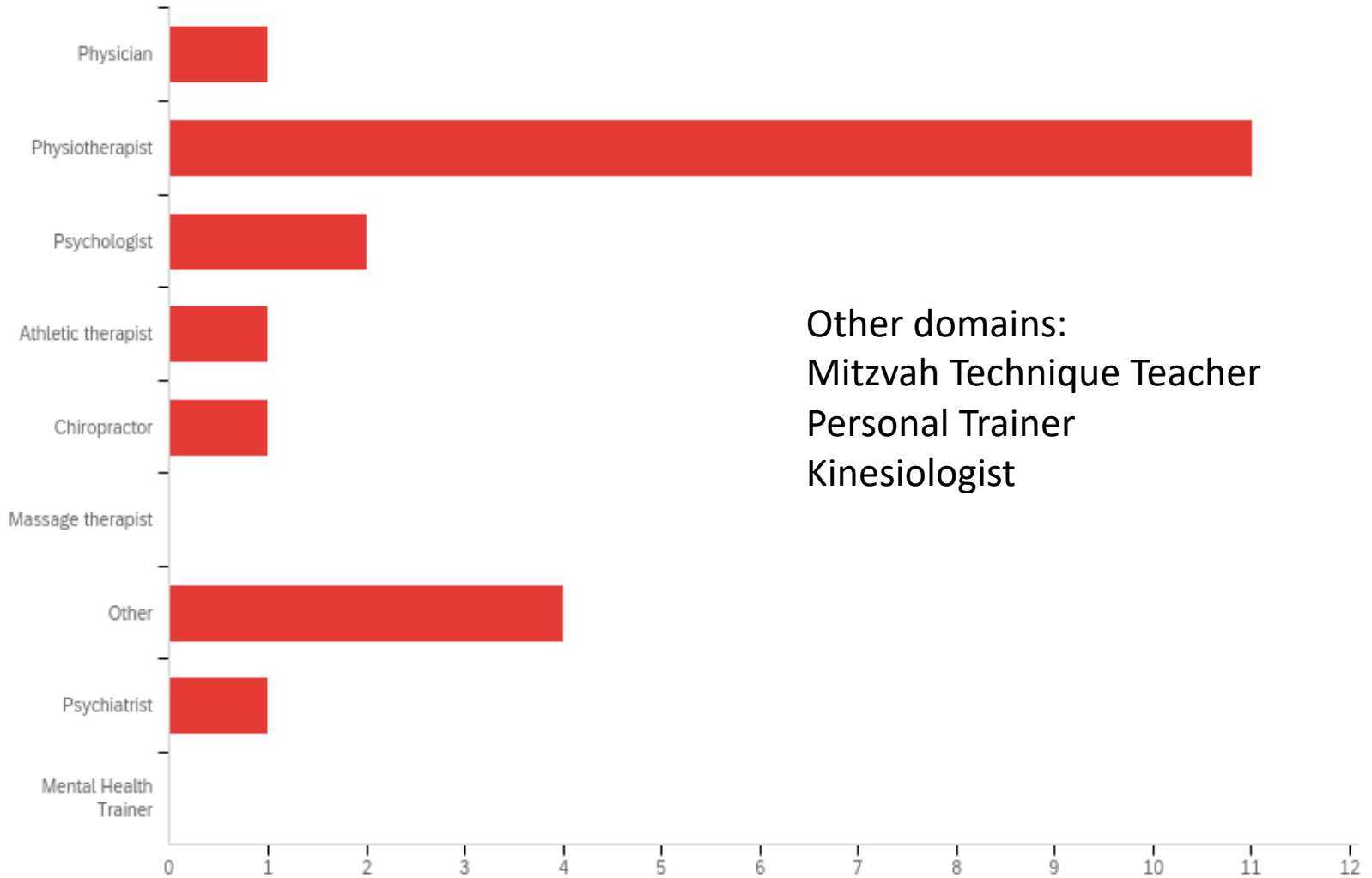
Health Professionals



Years of experience



Domain of practice



What
genre(s) do
you practice
with?

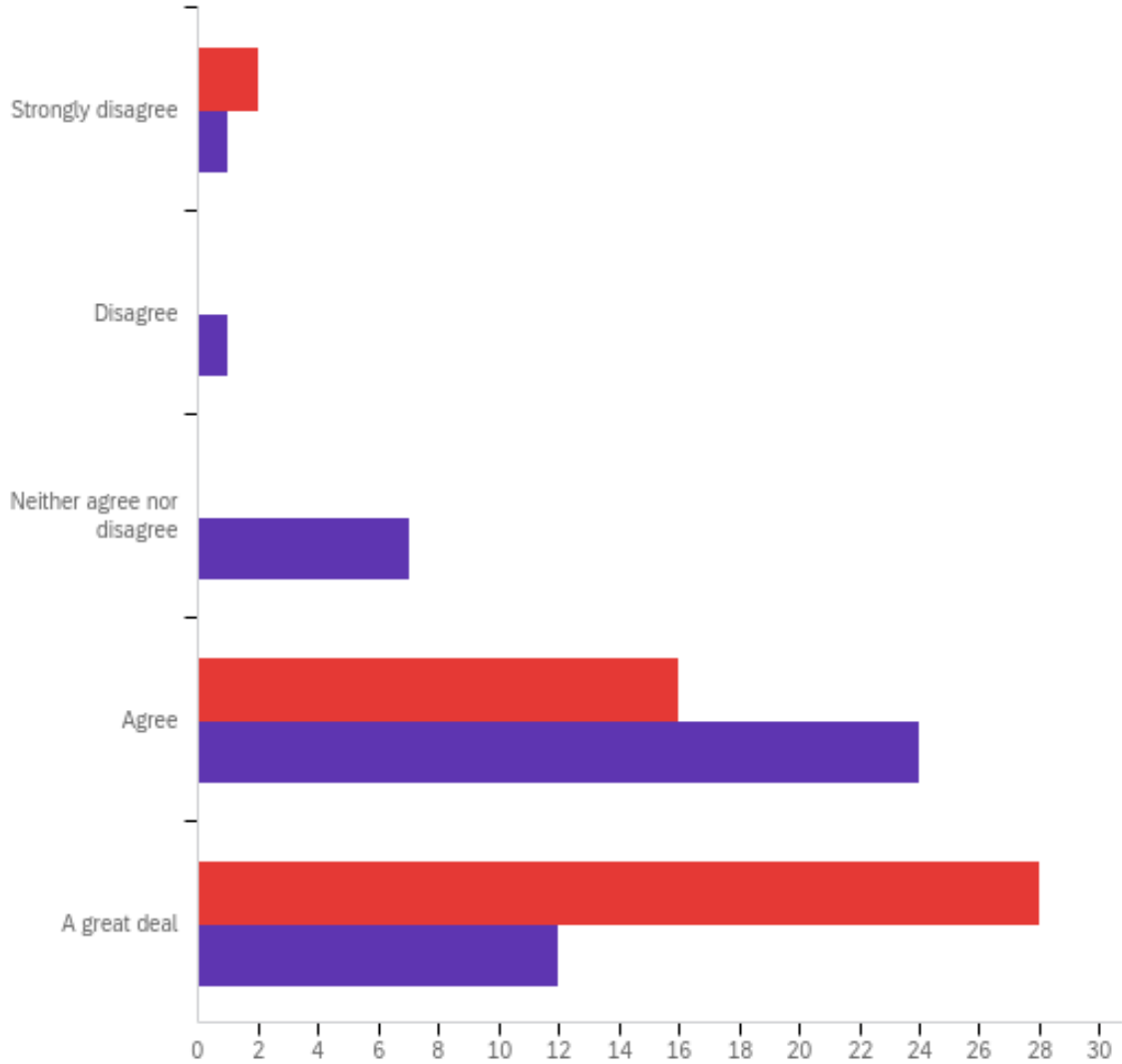
highland burlesque
modern
musical lyrical pilates
tap hop
ballet irish
hip pole jazz
contemporary acro
circus theatre

HDC Vision

A vision statement focuses on tomorrow and what an organization wants to ultimately become

Current HDC vision statement:

Healthy Dancer Canada envisions a dynamic community of dancers, dance educators, health professionals and researchers dedicated to promoting dancer health and wellness, optimizing performance, understanding and addressing the unique challenges facing the dance community, and creating a culture of healthy dance practice in Canada.



■ Do you agree with HDC's current vision?
■ HDC is fulfilling its current vision.

Education/Resources

- To continue to provide resource and education opportunity for Dancers, dance educators and for health care professional unfamiliar with dance to work with dancers as well
- Help elevate the education of dancers and the community who support them. Less injury. Longer careers. Best part: open, free, supportive, collaboration between all sectors in the dance world, understanding we are each valuable contributing members to a dancer's life and well being.
- To provide the latest information and research in supporting dance educators and other dance professionals to help promote a culture of wellness and sustainability in the dance community.
- To inform and help to develop a healthy dance training culture at a grassroots level within the local studios
- Providing information and guidance for safe decision making in dance programming and standards
- A place where everyone can share knowledge and that knowledge from all groups is valued.
- I would add archivists

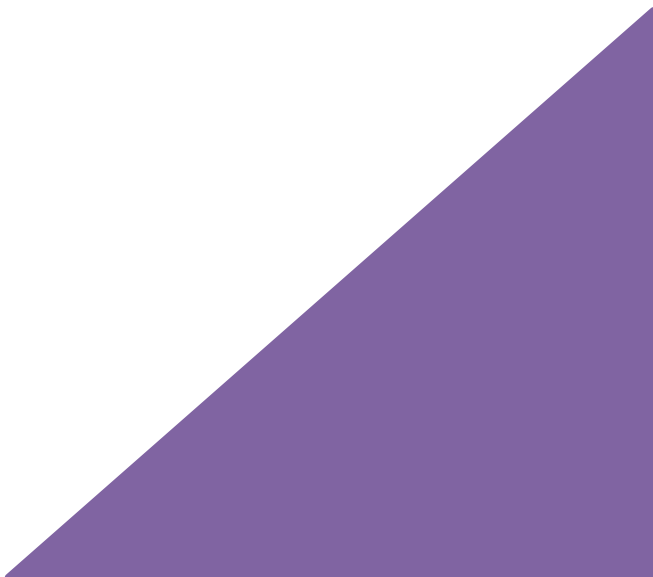
Professional Development

- To provide more practical ways to help dance educators, with workshops, conferences and resources. Provide certifications, accredit courses taught by qualified members and provide support in direct manner to professionals
- To offer more support for those who may want to grow as professionals in the field? Offer more opportunities for professionals to gather and perform?
- To provide the latest research information on healthy dance practices. To provide seminars and training sessions to educators and health professionals.

Networking

- To achieve the dynamic community part, I think we need forums to connect, network and get to know each other better.
- I'd love more opportunities to network and be connected with other members, web forums, virtual community events. Otherwise I'm with the vision as is.
- Promote members of the Canadian dance community
- To broaden the message to the world dance community, collaborating with other similar organisations, for example, the Australian Society for Performing Arts Healthcare and Ausdance in Australia and DANZ - Dance Aotearoa New Zealand and the One Dance UK and NIDMS in the UK

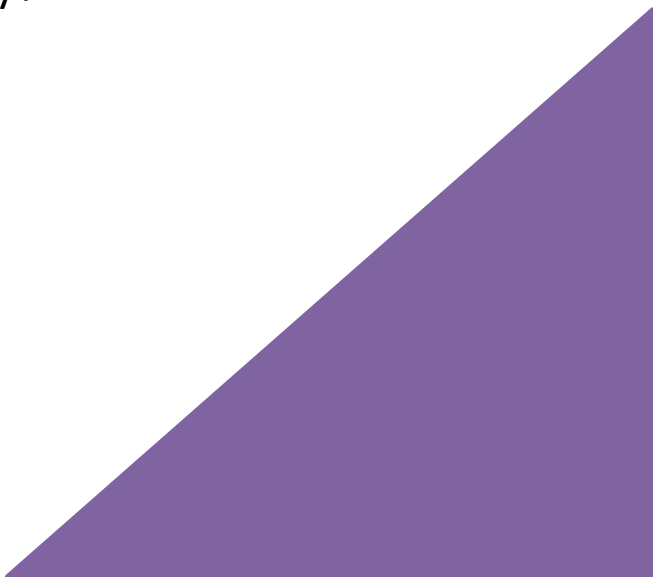
Accessibility/Inclusivity/Equality/Diversity

- Same as above with revisions to include EDIA initiatives.
 - Perhaps to be more accessible? We get too many emails from all different sorts daily. Reading them all is a chore. Short conferences, zoom info etc would be most helpful
 - Creating a culture of healthy and inclusive dance practice
 - I think there should be some equity, diversity and inclusion language in the vision statement
- 

Promotion of dancer health and wellness

- Supporting healthy dancing for people of all ages and stages
- To become the leader in Canada in promoting healthy dance practice

Dance as art

- The current statement is adequate. I mainly wish HDC had a broader membership base, more resources, and more significant/impactful initiatives. Maybe a stronger focus on the artistic aspects of a healthy dance practice would attract more members from the professional dance community?
 - Equal respect for all genres of dance
- 

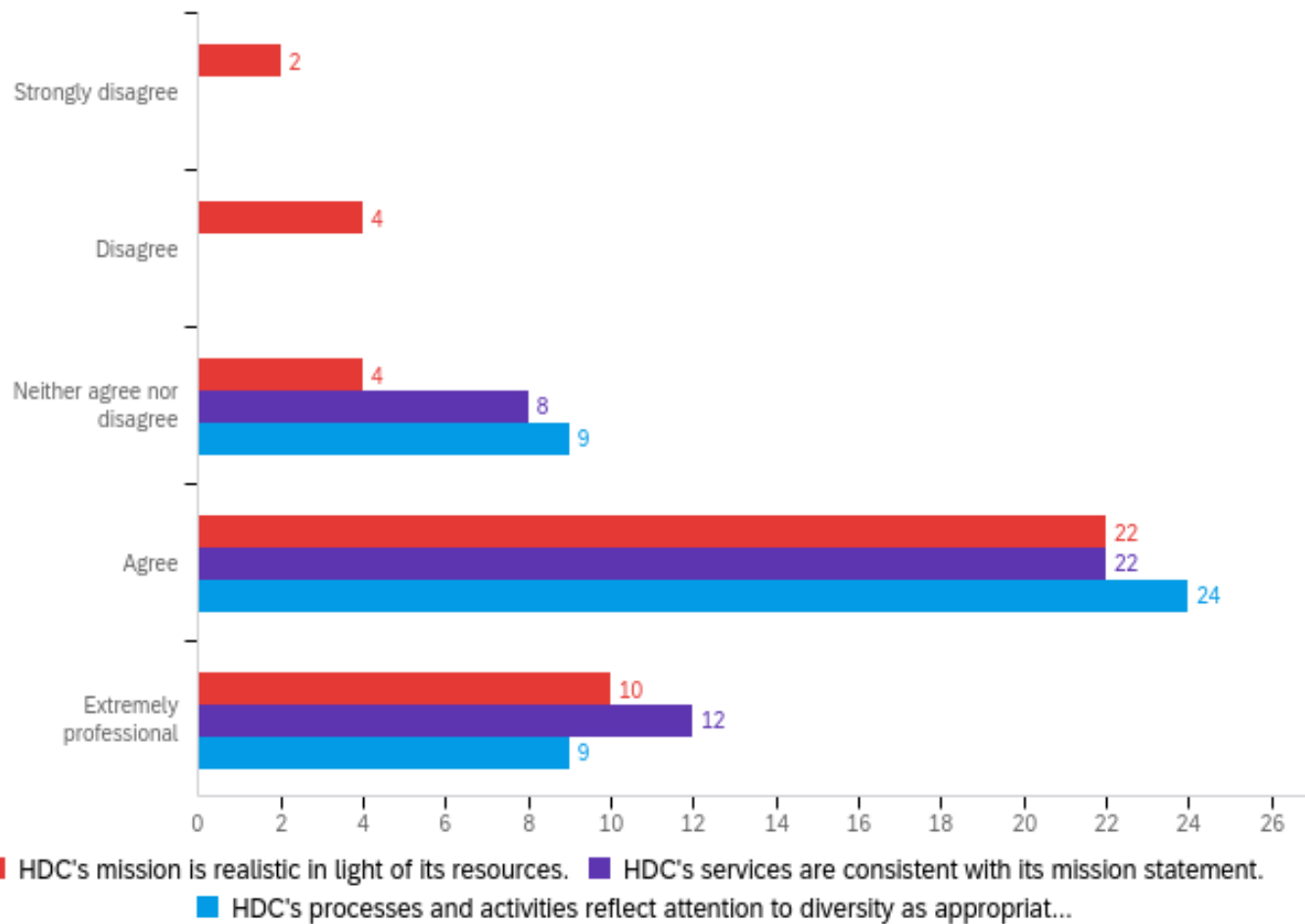
HDC Mission

A mission statement focuses on today and what an organization does to achieve it

Current HDC mission statement:

Healthy Dancer Canada's mission is to foster and facilitate communication and collaboration among the dance community, health professionals and researchers. We endeavour to enhance the health, well-being and performance of all dancers and to be the Canadian leader in this effort.

HDC Mission



Feedback on HDC Mission Statement

Resources

- Enhancing access to resources for the dance community (dancers and professionals alike)

Community/Collaboration

- Perhaps just the element of fostering collaboration with other countries in the dance community and also to consider all levels and types of dance participation.
- Enhance and promote the health, etc.

Promotion of dancer health and well-being

- Health and well-being for dance educators. I also feel that in order to enhance any of these aspects we also need to understand them and consider context as much as we can.

Feedback on HDC Mission Statement

Dance as art

- Connection to the "why" we exist as well as the "how" we connect all this to the actual dancers.
- Promoting dance as an important art in our communities and country!

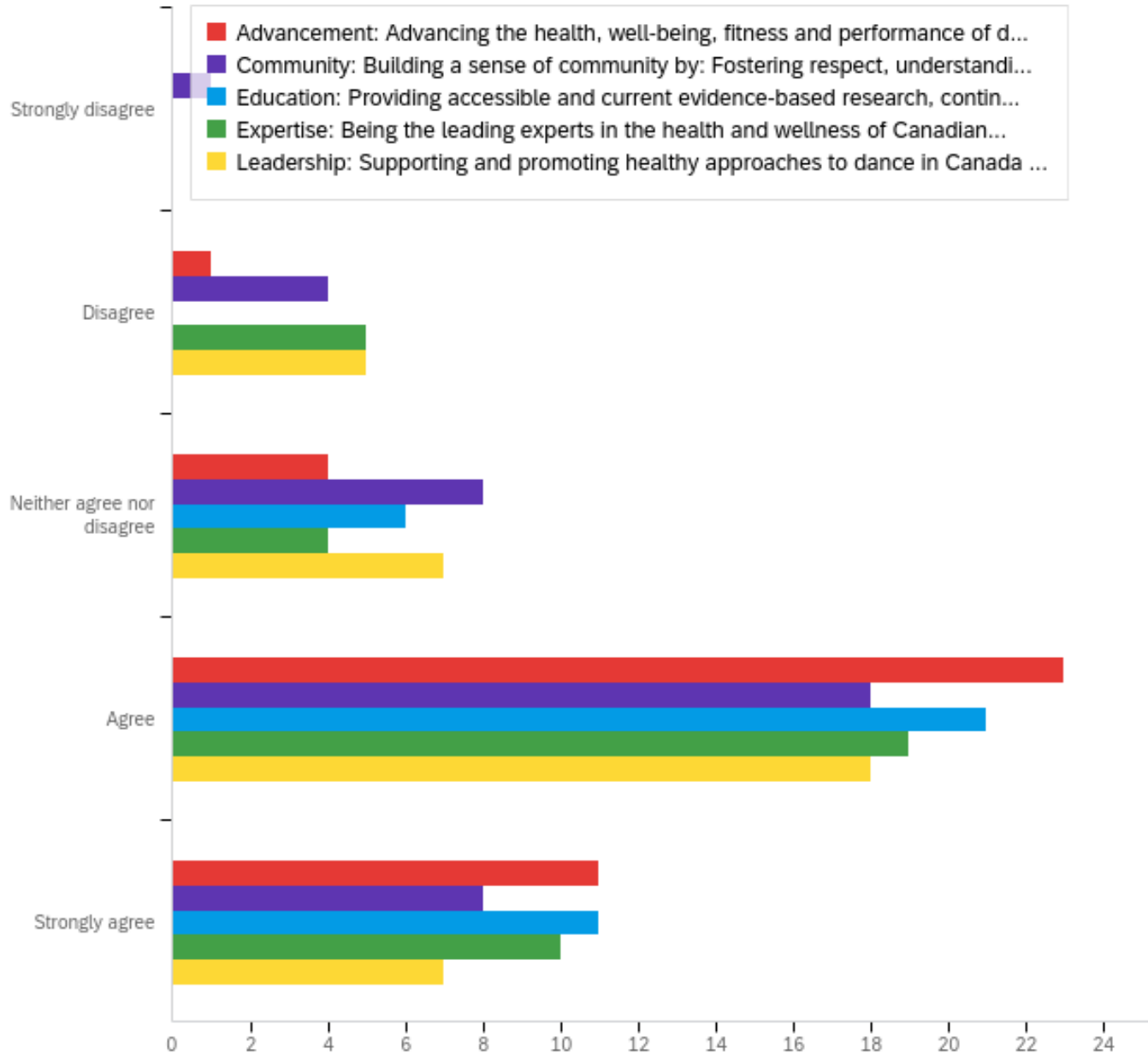
Equity and accessibility

- A clear commitment to equity and accessibility

Action and funding

- I don't think the wording of the statement is the issue, the statement is fine. Changing the words will not change the work, there needs to be more work and that needs some funding and active agreement, engagement and deadlines among board members and committees

HDC Values

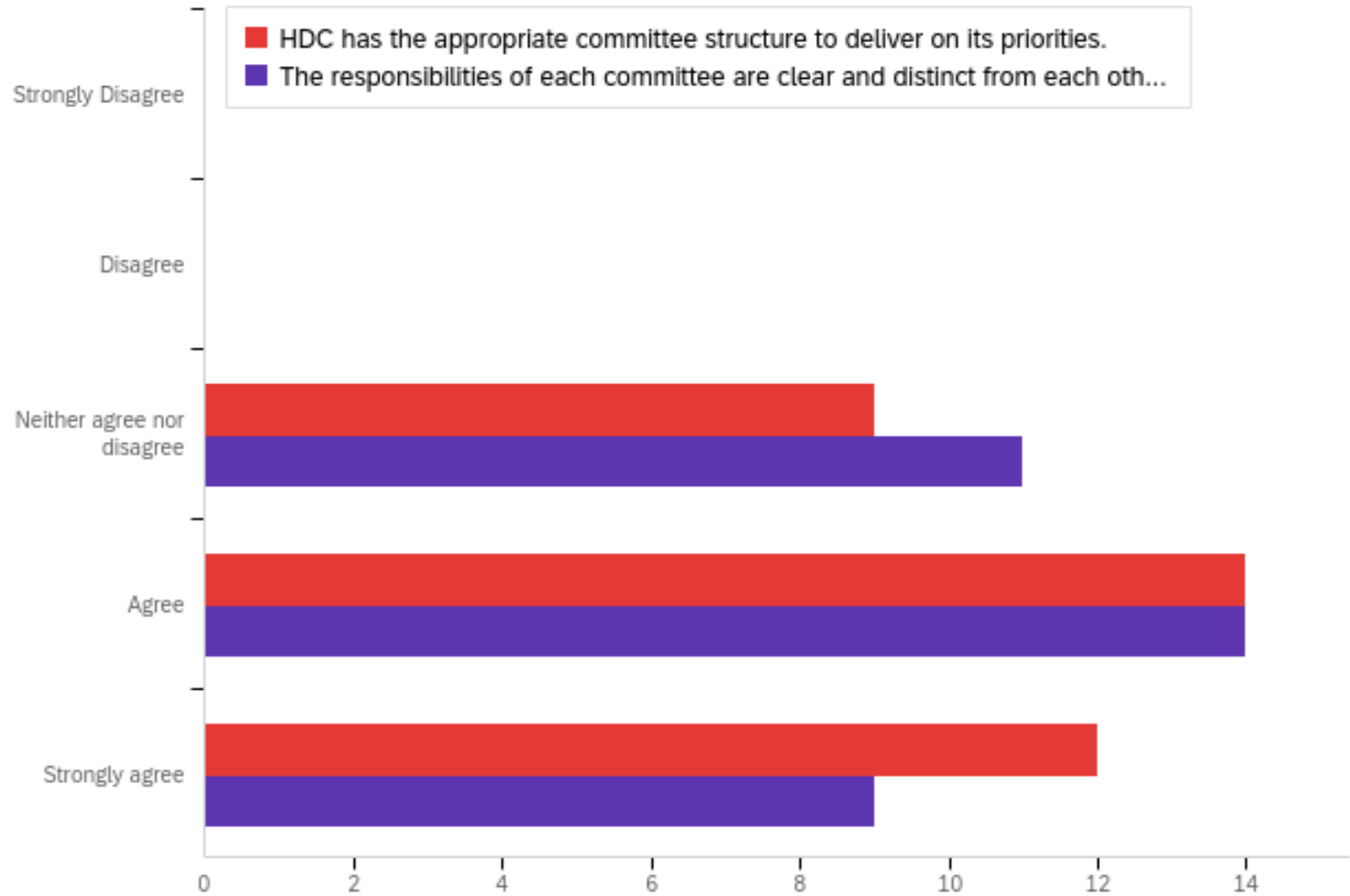


New values to adopt



- I enjoy the webinars and conferences, but I don't see a lot of community or initiatives
- HDC is not advertised enough - not many people outside of my bubble know of it. MORE need to be able to access it. Marketing needs to be increased a constant social media presence seems to be vital in todays world.
- Interactions and collaborations with other countries for mutual benefits and sharing of information and resources.
- A commitment to justice, equity, diversity, inclusion and access

HDC Committees



HDC Committees

Social Media

LGBTQIA+2

Studio Network/
Connections

The Aging
Dancer

Dance Research

Healthy Dancer

Leadership/
Governance of
Canada

Cultural Dance
and History

Equity, Inclusion,
and Access

HDC Committees - Suggestions

Committee interaction/collaboration

- Consideration of how the committees interact within themselves and with their counterparts in other countries.
- Do newsletter and communications need to be separate committees?
- More collaborative work between committees

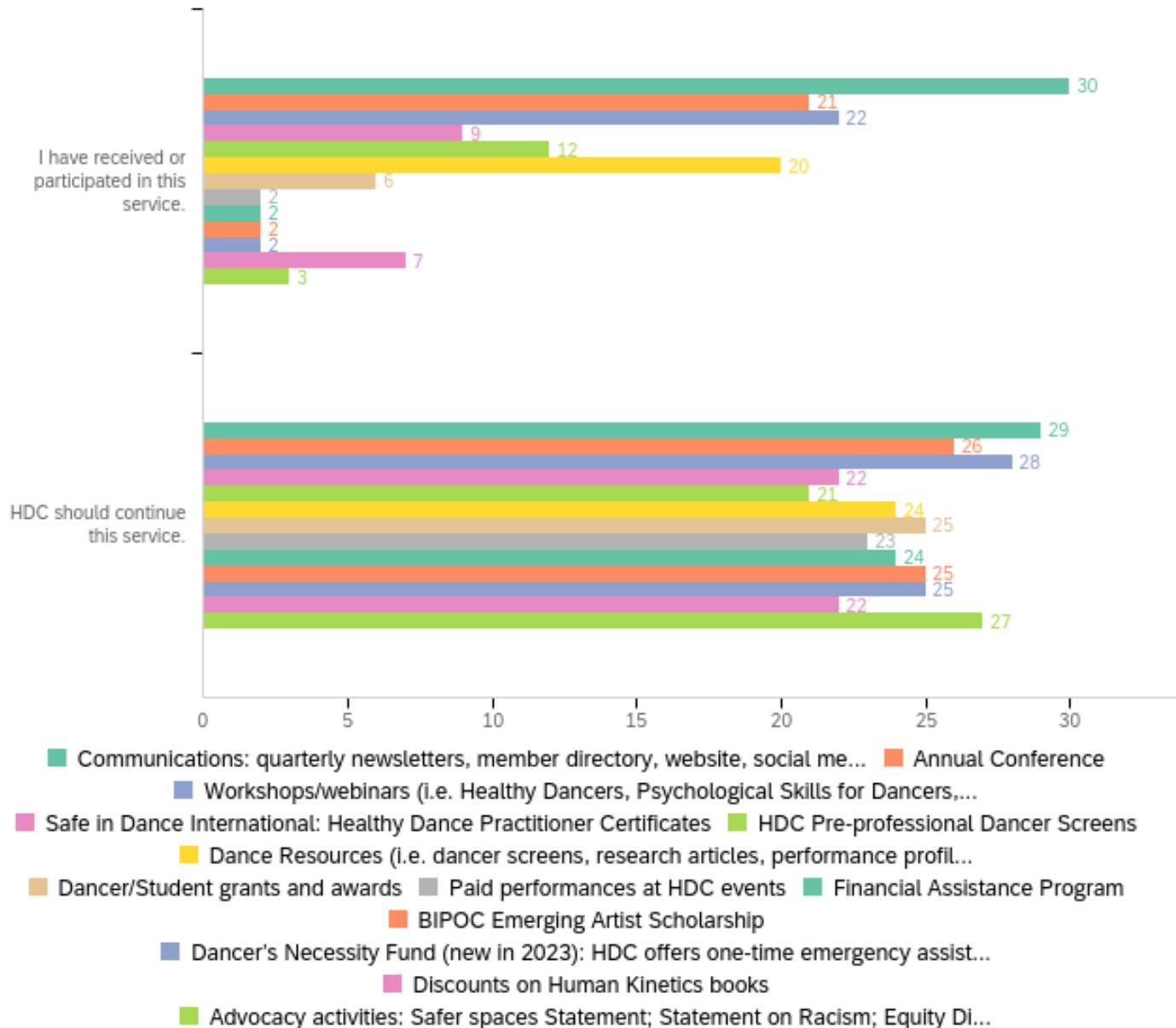
Outreach

- Report summary or findings in the newsletter
- Bigger social media presence
- I think there should be more outreach in the competitive dance community but the Dance Teacher Expo was a great start!

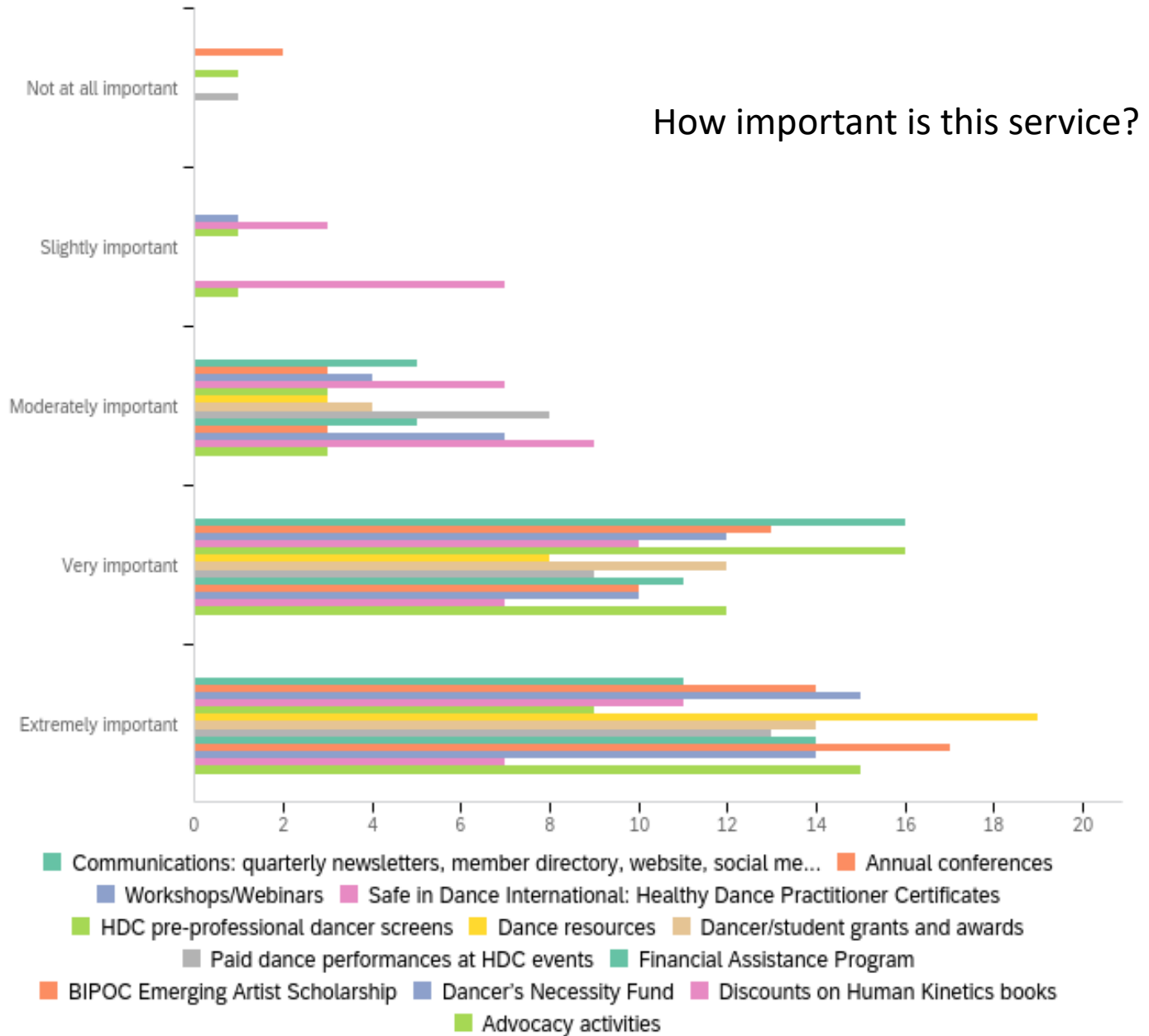
Efficiency

- Getting the work done quickly and efficiently, keep meetings on point and treat it like a job, have honorariums for some tasks at least

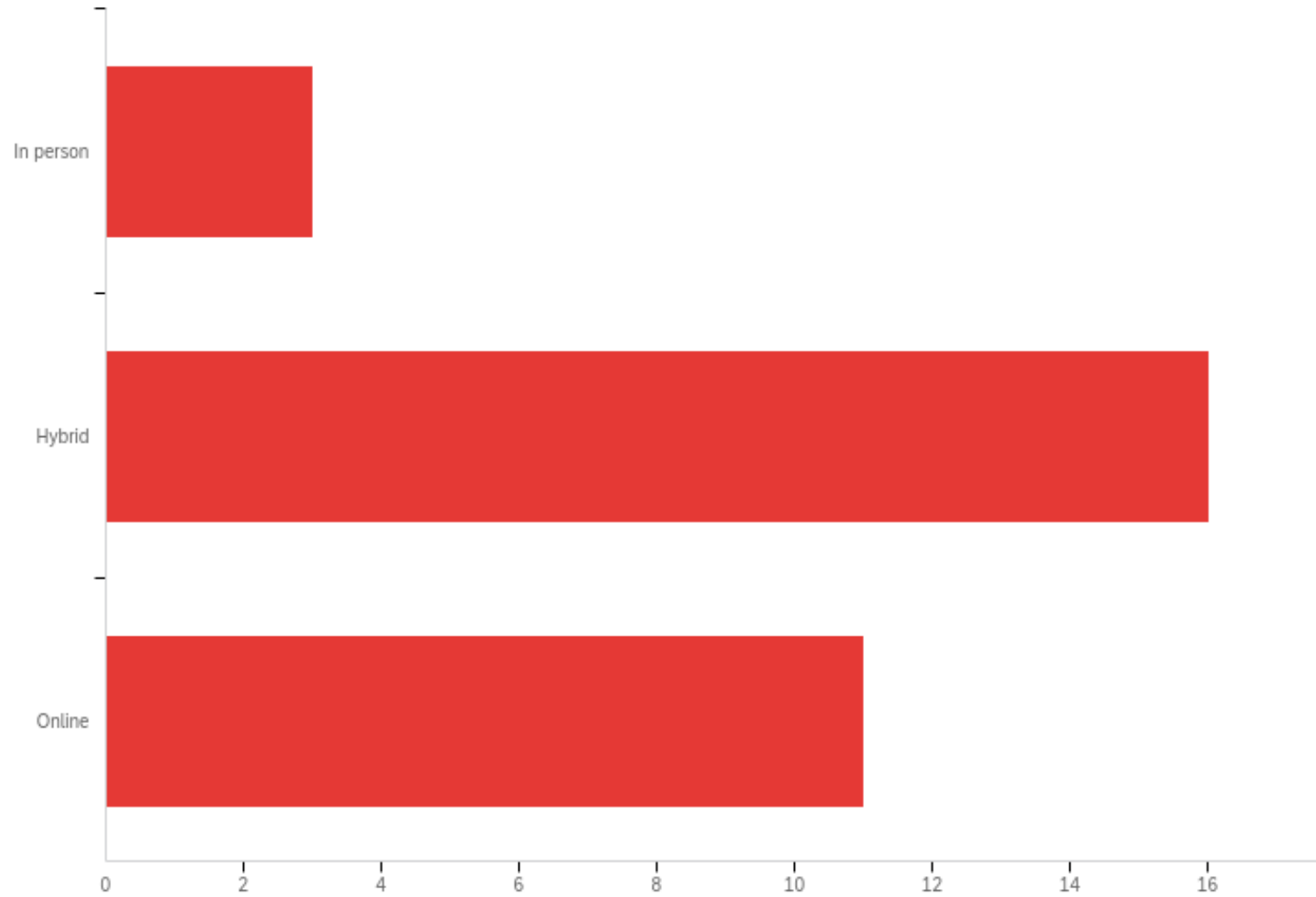
HDC Programs and Services



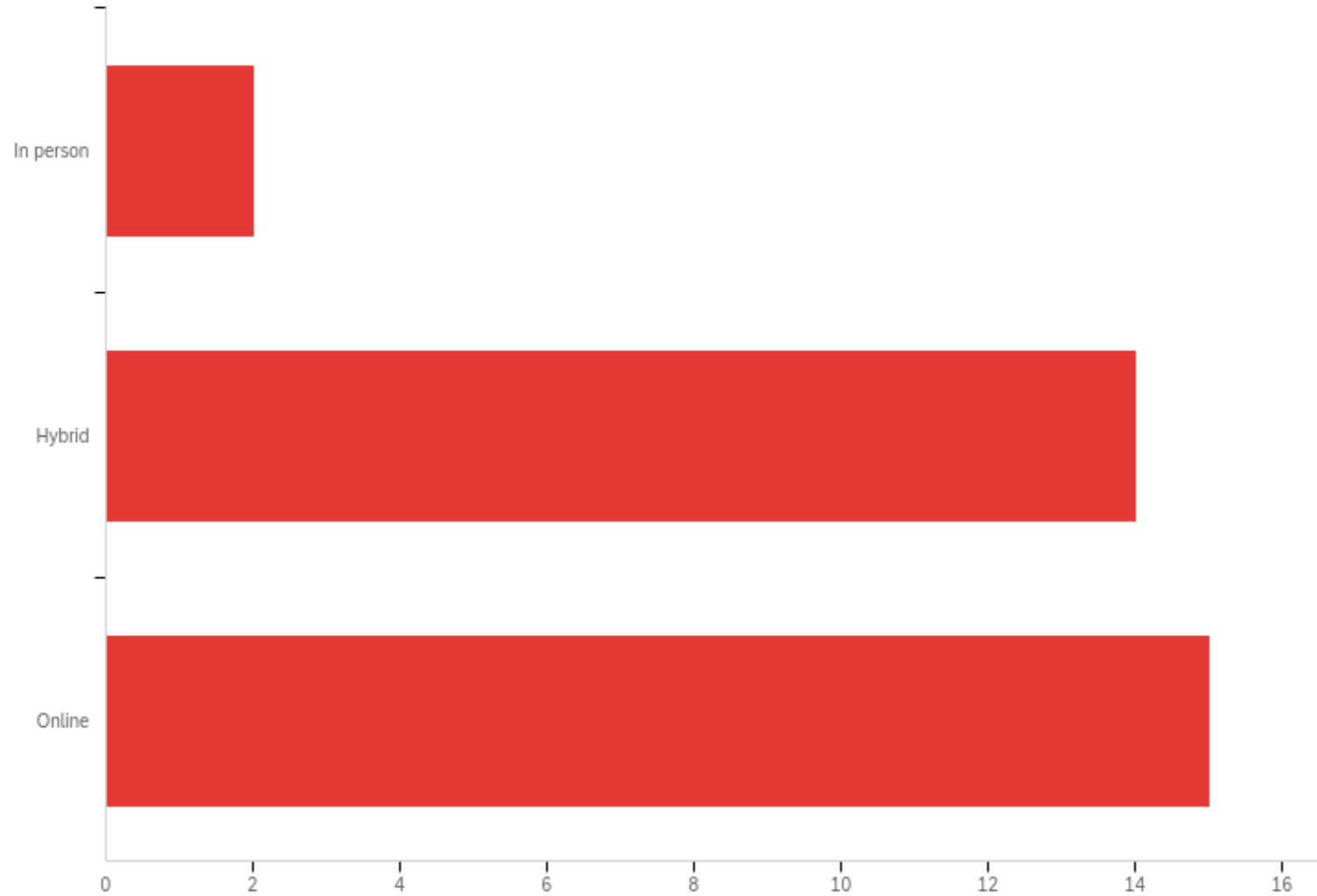
HDC Programs and Services



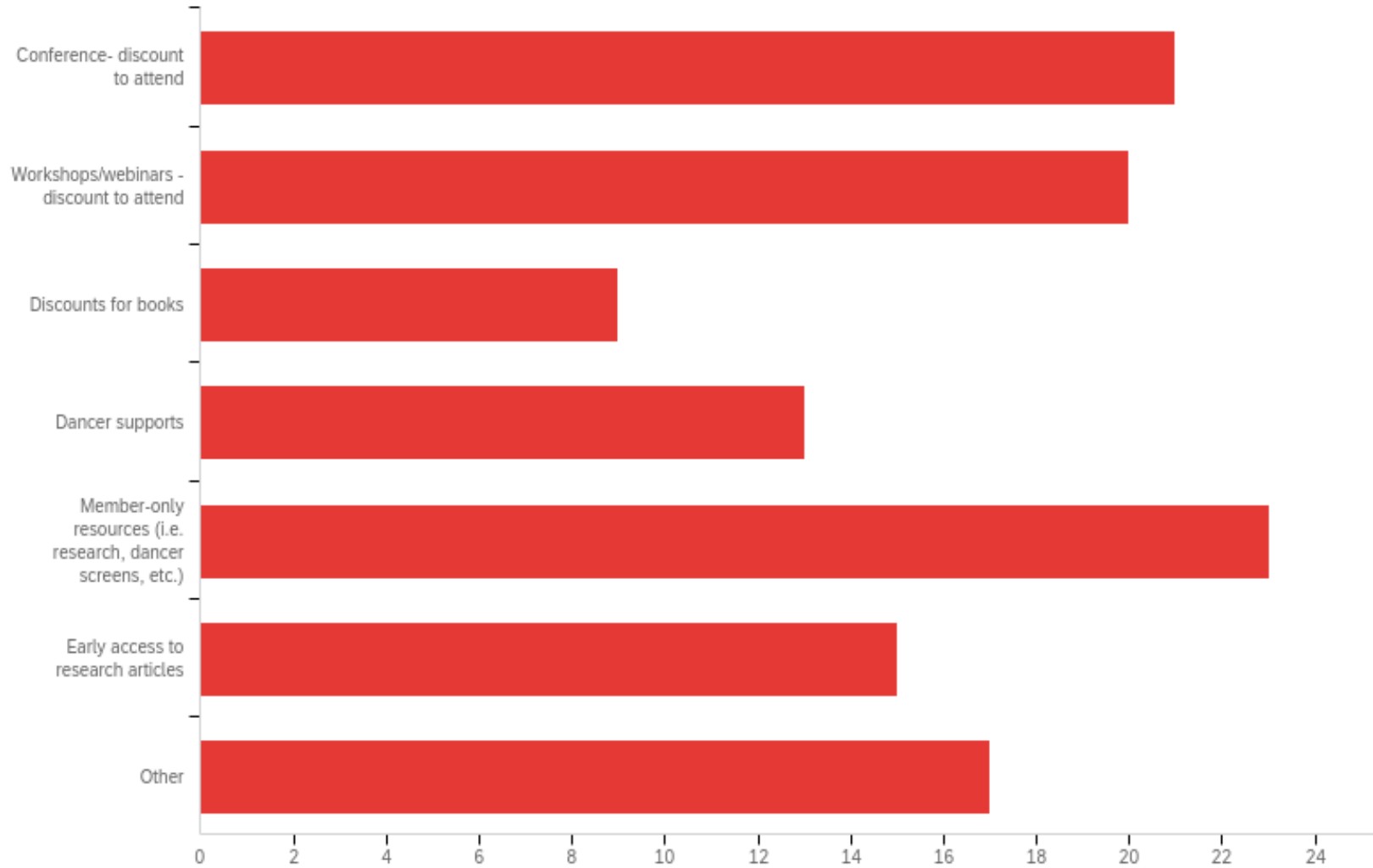
Annual conference format



Workshops/Webinars format



Advantages of Membership



Other advantages

Community

- Community and connections for networking and self-growth/education
- Engaging in the dance community with colleagues from another country
- To be actively engaged in our Canadian dance community
- Community for referral purposes for injured or weak dancers
- Stay connected to the dancer health and wellness community

Networking

- Networking opportunities, listing on member directory
- Being listed in directory as health professional
- Networking opportunities & education from participating in committees & events

Support

- I believe in the initiative and want to be on the leading end of change
- Important to support an organization that is attempting to build a healthy dance community
- Supporting the community

Resources

Comments for the Board

Networking

- Consider developing further the network you probably already have of liaising with similar organisations worldwide for mutual benefit and sharing of resources and information, as well as support and encouragement. Thank you for all the excellent resources and online courses I have accessed and found very beneficial. Please keep up the good work!
- I enjoy the updates from HDC. But as a clinician/physician, I am mostly interested in how I can connect to performers as a part of my practice.

Organization

- I never quite know what category to pick for myself. I am a 60 year old recreational dancer who teaches one class a week and competes in festivals. This is my hobby.
- Be organized, don't delay, agree fast, get the work done move to next:)
- Focus on quality vs quantity

Government Funding

- Government grants and corporate sponsorship to support the work HDC does

Comments for the Board



**Healthy
Dancer** Canada
The Dance Health Alliance of Canada

Thanks

- A huge thanks to all members of Committees and Board of Directors
- No, keep being amazing!
- Nice survey – thank you for reaching out to members for input and feedback in future directions