



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



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2017 Board of Directors

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2017 Board Farewells

David Outevsky

Cover: HDC member Rhonda
Robert Smid
Photography: Denise Miltzer

Message from the President

It has been a great honour to serve as Healthy Dancer Canada (HDC) President in 2018. Thanks to the Board of Directors for their trust and a big thank you to Andrea Downie Past-President (2016 & 2017) for her continuous and generous support throughout the year. I would not have been able to do it without the support of the committed members of the Board and all our wonderful and hard working Committee members. Each and everyone contributed to the success and growth of HDC throughout the years and continue to do so.

Once again, this year we have surpassed our membership target, and we now have more than 120 members from all walks of dance, including dancers, educators, health professionals. Our presence spans across provinces with active members in Vancouver, Saskatoon, Regina, Calgary, Edmonton, Toronto, Montréal. This year we celebrated the 10th Annual Conference of HDC in Toronto where it all started. It was a grand conference with highly skilled speakers for lectures and movement sessions. We filled two days and a half of healthy dance talks, workshops and performances and had our biggest conference yet to celebrate HDC's 10th anniversary and the continuous efforts to healthy dance practices. The Screening Committee has launched the new Dance Educator version of the the HDC screen and conducted a review of the Healthcare Professional version of the screen. We have also launched HDC's workshops and Talks as they will be available across Canada to dancers, educators, health practitioners, organizations and institutions.

As we move onto 2019, we are very happy to continue our partnerships with Human Kinetics, Safe in Dance International, CDA and more. We are happy to announce that we have also partnered with IADMS to join our forces for HDC's 11th conference which will be co-organized with IADMS' A Day for Teachers in Montréal. It's the first time IADMS will be in Canada and we are very excited to welcome all the international delegates in our home.

We are grateful to our sponsors, donors and volunteers for supporting these efforts, and we thank our valued members for their contributions to our mission. It has been a pleasure to serve on the Board as HDC's President for 2018 and I am looking forward to what 2019 has in store for us !

Karine Rathle
HDC President 2018 & 2019



About HDC

Healthy Dancer Canada (HDC) is a small but ever-growing federal non-profit organization. Our members, volunteers and supporters include dancers, dance educators, health professionals, researchers, dance scientists and dance enthusiasts from across Canada, and beyond, interested in collaborating to improve the health, well-being and performance of dancers. We achieve our mission through the work of our committees.

Vision

Healthy Dancer Canada envisions a dynamic community of dancers, dance educators, health professionals and researchers dedicated to promoting dancers' 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.

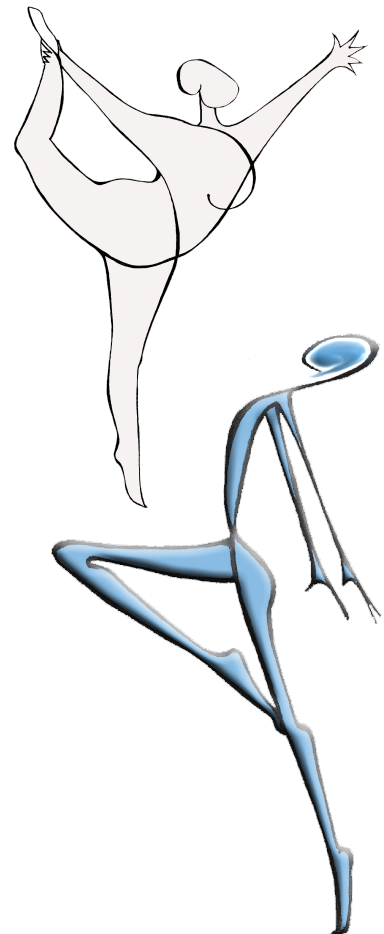
Mission

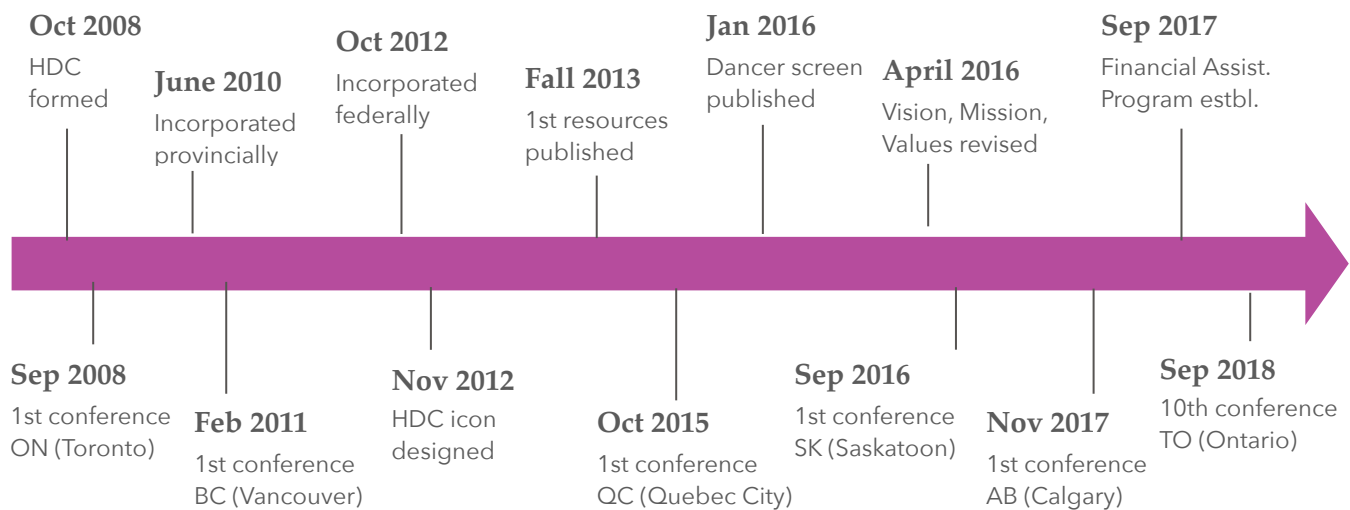
Healthy Dancer Canada's mission is to foster and facilitate communication and collaboration among the dance community, health professionals and researchers. We endeavour to enhance the health, well-being and performance of all dancers and to be the Canadian leader in this effort.

Values

Healthy Dancer Canada is committed to

- **Advancement:** Advancing the health, well-being, fitness and performance of dancers in Canada, grounded in current, evidence-based information.
- **Community:** Building community by
 - Fostering respect, understanding and knowledge-sharing among members of the dance community, including dancers and their families, dance educators and other dance professionals, dance researchers and health professionals.
 - Offering networking, leadership and volunteer opportunities.
- **Education:** Providing accessible and current evidence-based information, continuing education and professional development to the dance community and health professionals.
- **Expertise:** Being the leading experts in the health and wellness of Canadian dancers.
- **Leadership:** Supporting and promoting healthy approaches to dance in Canada through ongoing initiatives.





History

The Dance Health Alliance of Canada Inc., operating as Healthy Dancer Canada, is a non-profit organization formed by 10 founding members in 2008 to help strengthen the national voice of dance health promotion, prevention and treatment in Canada. In 2010, the mission was articulated and the organization took on a more formal structure to create a solid foundation to grow HDC. We incorporated federally in 2012 in order to increase our reach nationally. In 2016, the mission statement was revised and the organization's vision and values were also defined.

The dancing icon in Healthy Dancer Canada's logo was created in 2012. The figure was designed to represent every dancer (male/female, young/mature, professional/recreational) and all dance forms. The colours surrounding the dancer symbolize our goal to have equal representation from dancers, dance educators, health professionals and researchers within our organization. HDC's official poster and company of website dancers were created in 2015 in the spirit of these original principles. In 2017, we added more dancers to the "company," in an effort to represent more body types and dance forms. We also updated the HDC logo with bolder text, while preserving the dancing icon.



Services & Membership

Healthy Dancer Canada and its members contribute to improving the health, well-being and performance of dancers. We provide networking opportunities, access to current information and educational events for both our members and the public.

HDC Services & Support

Public Services

HDC provides the public with access to information about dance health, well-being and performance. We have 10 open-access, peer-reviewed resources on our website, 6 are in both English and French. We provide links to relevant information, events and organizations through our website, Facebook page and other social media platforms. Our Annual Conference and outreach initiatives provide dance communities across Canada with access to current information.

Financial Support

HDC provides financial support to the dance community through Dancer/Student Bursaries totalling up to \$400, paid dance performances (at our Annual Conference) up to \$500, complimentary conference passes (for low income individuals/students/emerging artists) and an annual \$200 Research Award.

Member Benefits

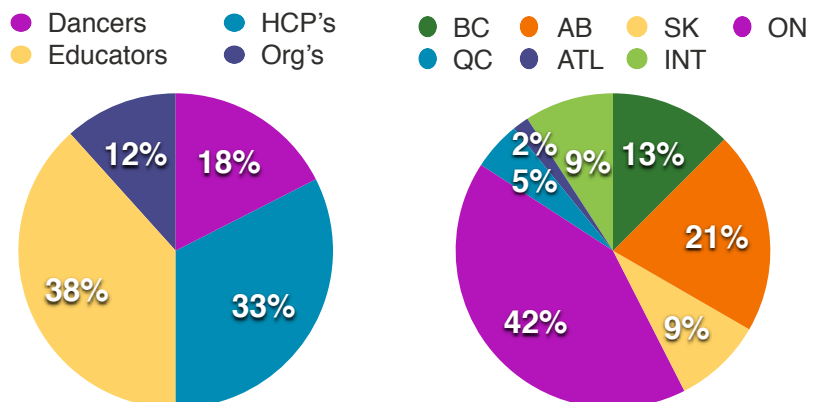
A membership to HDC demonstrates a commitment to dancers' health and wellness. HDC members can network with other dancers, dance educators, health care professionals and researchers with an interest in dance health. We feature a Member Directory with members' names and contact information. Members can share their news and events on the HDC website, social media platforms and in our Newsletters. Members also have the opportunity to serve on our committees, to vote at our Annual General Meeting of Members, and to collaborate with key organizations within the global dance community.

Members have access to funds and other supports through the Healthy Dancer Canada Financial Assistance Program. Members also receive significant savings on Human Kinetics books through the Newsletter Book Club. Additionally, our members can access continuing education and professional development through our quarterly Newsletters and Annual Conference. On the Members-Only area of the website, members have

exclusive access to the HDC Pre-Professional Dancer Screen: Health Care Professional Version, an archive of newsletter articles, and advance-access to all new HDC Resources.

HDC's Members

HDC has surpassed the 100-members mark. We now have 120 members. We represent dancers, dance educators, health professionals, as well as dance studios, health clinics, and organizations/institutions. Our members come from across Canada and from well beyond our borders.



Operations

Committees

Conference Committee

Andrea Downie (Coordinator), Tanya Berg, Kiah Brubacher-Cressman, Hannah Etlin-Stein

Dancer Screening Committee

Sarah Kenny & Erika Mayall (Co-Chairs), Andrea Downie, Michaela Fernandes, Kiah Brubacher-Cressman, Nicole Hamilton, Ellis Martin-Wylie, David Outesvsky, Karine Rathle, Nefeli Tsiouti

Membership Committee

Tina Guthrie (Coordinator), Andrea Downie, Jo-Anne La Flèche

Newsletter Committee

Andrea Downie & Sara Lawson (Co-Coordinators), Erika Mayall

Outreach & Communications Committee

Nicole Hamilton (Chair), Jennifer Bezaire, Andrea Downie (Website Coordinator), Hannah Etlin-Stein (Media Coordinator), David Outevsky, Karine Rathle

Resources Committee

Andrea Downie, Jenna Lee Hay & Jo-Anne La Flèche (Co-Chairs), Tanya Berg, Sandro Rajic, Paula Sather, Karen Sudds, Ellis Martin-Wylie

Conference Committee

Healthy Dancer Canada's successful 10th Anniversary Conference, *Create, Communicate, Collaborate*, was held at Harbourfront Centre in Toronto, ON from September 28-30. It was a special opportunity for new and long-time members to come together in celebration of HDC's decade of growth and impact. Attendees and presenters represented an ever-broadening list of countries and professions.

This year we received an unprecedented 46 proposals to present at the conference. The conference was held over 2.5 days at Harbourfront Centre on Toronto's beautiful waterfront. The facility provided the appropriate spaces for attendees to enjoy a variety of performances, several workshops, lecture presentations, and spaces for social gatherings.

On Friday September 28th, attendees were invited to mingle over refreshments at the meet-and-greet, and participate in a pre-conference mini-workshop. They were then treated to a site-specific solo performance and celebratory welcome reception, with several founding members and a number of Past Presidents in attendance.

The morning of Saturday September 29th began with a presentation of HDC's decade of growth, followed by a stimulating lecture on dance teaching given by keynote speaker, Donna Krasnow, who was the recipient of HDC's first Lifetime Achievement Award. Attendees then participated in movement workshops, before having the opportunity to network and learn through a lunch-time interactive workshop and poster presentations.

On Saturday afternoon, attendees were enjoyed two sunny outdoor events: a sponsor-led movement event; and a site-specific performance featuring a group of established dance



artists dancing to live vocals in front of Lake Ontario and the CN Tower. Attendees then moved indoors for two series of lectures and accompanying mini-panel discussions, and two more movement sessions. Attendees were then able to attend a number of community performances happening in downtown Toronto that evening, including the free Nuit Blanche event.

Sunday September 30th began with early morning workshops, and a series of lectures and mini-panel. Following a short break, attendees enjoyed a stage performance by two emerging artists, and a panel discussion on breaking communication barriers and facilitating creative collaborations. The HDC committees held lunch-time meetings prior to the Annual General Meeting of members. The conference concluded with the awarding of annual Research Award to Sarah Kenny.

Looking to the future, the Conference Committee will explore alternative ways to deliver the annual conference, potentially offering a number of half day workshops in multiple cities, and partnering with other organizations to deliver educational events in more locations.



Photo: Luca Papini

2018 Conference by Numbers

Proposals

The Conference Committee received 47 proposals: 14 lectures, 10 lecture-workshops, 8 workshops, 5 posters and 10 performances. The proposals for presentations were blind peer reviewed by 7 experts in the field (dance educators, health professionals and dancers) from across Canada and Great Britain.

Presentations

The conference featured 1 keynote address, 8 lectures, 6 lecture-workshops, 3 workshops, 4 posters and 3 performances. There were also 4 panel discussions.

Presenters

26 presenters contributed to the lecture, workshop and poster presentations. 8 of these presenters were international. 9 dancers and 1 singer participated in the performances and were paid for their performances.

Attendees

This year's conference had 82 attendees from across Canada (from BC to NS), the United States, Great Britain, and Switzerland. 47 attendees were HDC members. 23 of the registrants self-identified as dancers/students, 39 as dance educators, and 20 as health professionals. 6 attendees received financial assistance to attend the conference through the HDC Financial Assistance Program.

Awards

Donna Krasnow of Lincoln, CA received the first ever HDC Lifetime Achievement Award for outstanding contributions to dance education, dance science, and dancer health and wellness. Sarah Kenny of Calgary, AB received the \$200 Research Award for her research "Sleep quality and self-reported health problems in pre-professional dancers: Are they associated?".

Supporters and Sponsors

3 supporters/donors contributed to the conference. Additionally, 15 local, national and international sponsors gave monetary support or in-kind services: 3 platinum level sponsor (\$650+), 6 gold level sponsors (\$500-\$649), 3 silver level sponsors (\$350-\$499) and 3 bronze level sponsor (\$200-\$349). There were 5

Dancer Screening Committee

The Dancer Screening Committee brings together dance educators and healthcare professionals to develop, implement and evaluate evidence-based, dance-specific screening programs for improved dancer health in communities across Canada.

During 2018, the Committee focused on refining a screening program appropriate for use by dance educators. The Dance Educator Screen was released to HDC members in September 2018. The components of the screen are designed for teachers to implement with their students – across styles and level of dance – to gauge a better understanding of any shortfalls that their dancers may be experiencing. Sections include: health and injury history, posture, functional movement, balance, strength and endurance, pointe readiness, and aerobic capacity. Results from the screen are anticipated to support teachers' planning of dance training (e.g., inclusion of specific content that may need to be addressed). A detailed description of how to conduct the screening program is provided to support teachers' decision making for when referrals to healthcare professionals may be warranted (e.g., targeting areas of concern prior to sustaining a possible injury).

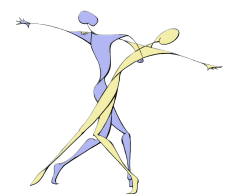
The Healthcare Professional Screen, which has been in use for nearly 3 years underwent a formal review in 2018 by identified healthcare professionals among the HDC membership. Reviewers represent sports medicine, physiotherapy, chiropractic, nutrition, and psychiatry. The goal of the review was to evaluate components that require revision so as to support all who are utilizing this tool for improved dancer health.

Membership Committee

The Membership Committee endeavours to promote the benefits of membership with Healthy Dancer Canada. Committee members receive and process memberships, update the Member Directory on our website, and communicate with members regarding membership renewal. We leapt into 2018, and continue into 2019, under the new leadership of Tina Guthrie, volunteer Membership Coordinator. We are also connecting more deeply with our new members, as we know all of our members are valuable assets to the HDC organization.

We are currently nearing 120 members with more growth than ever in Health Care Providers and Organizations/Studios/Institutions, to include physiotherapists, chiropractors, athletic therapists, massage therapists, artistic directors, producers, educators, psychologists, dance scientists, personal trainers, writers, and many medical doctors/students. Still, many students and dancers continue with their interest in safe dance practises, continually staying connected with HDC. We are almost a 50/50 split between new and renewing members, reaching out further every year.

Membership also continues to grow internationally, now with members in the United States, United Kingdom, Cyprus, India, Switzerland, and of course from coast to coast within Canada. The manual processing of memberships continues to be a time-consuming, multi-step process. Coming soon... we are continuing to look into a more automated, streamlined, and expedited on-line membership process.





Dancers Tamar Tabori & Amber Downie-Back.
Photo by Luca Papini

Newsletter Committee

The Newsletter Committee aims to connect with dancers, dance educators, health professionals and researchers across the country. We do this for our members via the quarterly newsletter, and for the wider dance community through the News page on the website. We highlight the work being accomplished by the organization, as well as the events and opportunities being offered by HDC, our members and our partners. The newsletter also provides current perspectives on dance performance, health and well-being via short newsletter articles.

In 2018 we continued the Newsletter Book Club that provides members-only specials on dance and wellness books through our partnership with Human Kinetics Canada. We also shared 4 newsletter articles with our members, and now have 30 articles available to members in the newsletter archive.

In 2019, we hope to increase the size of this committee and continue sharing the work of developing newsletters amongst its members. We will try creating the newsletters on Google Docs which will allow committee members to work in concert on the same document, each developing specific sections of the newsletter.

Outreach and Communications Committee

The Outreach committee begins the year with plans to create greater awareness of the organization on our social media platforms. We invite all those who are not currently following HDC to join us online on Twitter, Instagram, Facebook, and LinkedIn. The Committee is pleased to share that HDC will be presenting at the upcoming Toronto Dance Teacher Expo. Follow HDC on social media for updates regarding presentation date. Have an event you'd like us to know about?

2017 Social Media Stats

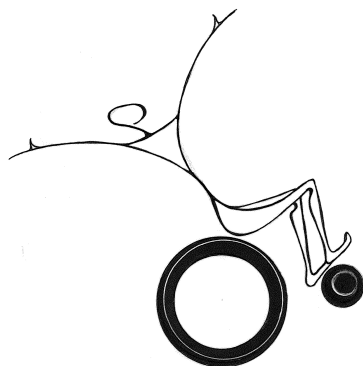
Website:	540 visitors/week
Facebook Page:	1,050 followers
Twitter:	425 followers
LinkedIn:	410 connections
Instagram:	350 followers



Dancers: Terrill Maguire, Arwyn Carpenter, Carol Anderson. Photo by Luca Papini

Resources Committee

The goal of the Healthy Dancer Canada Resources Committee is to develop, peer-review, edit and translate our Dance Resources. We review, update and evaluate the effectiveness of existing HDC resources and help disseminate them. This year, several new resources have been created. Following a survey conducted in both English and French on Canadian teenage dancers' needs, Siobhan Mitchell developed a resource on Adolescent Dancer Dropout, which is currently under review. Jo-Anne La Flèche's resource on Post-Performance Depression has been reviewed and finalized, and will soon be designed for HDC's website. During the year, Andrea Downie worked closely with a designer to update all resources with images, and a fresh and colourful look. Most existing resources have been transferred and uniformed on the new stationary template. Also, the following papers have reviewed and updated : Translating the Language of Dance & Science, Dancers and Art of Stress Management and 10 Stress Management Tools, which will soon be available on the website. These last two papers and a third one called The Art of Rest have been translated. As far as resource dissemination, a draft has been created to be eventually sent to studios and dance organizations, in order to introduce them to HDC. This letter awaits reviews from the Committee.



Financial Report

Healthy Dancer Canada is 100% volunteer-operated. Our revenue typically comes from membership dues, conference fees, sponsorships and donations. Our largest expense is incurred by our Annual Conference, with additional expenses for our website, promotion and education. This was a typical year, with modest net income of approximately \$2,100.

Revenue and expenses for fiscal year ending December 31, 2018:

Revenue

Conference Fees	5,090.07
Conference Sponsorship	5,600.00
Membership Dues	<u>5,460.00</u>
Total Revenue	16,150.77

Expenses

Awards	273.07
Bank charges	76.50
Conference expenses	11,340.98
Dues & memberships	145.00
Insurance	303.48
Miscellaneous expenses	510.69
PayPal expense	127.54
Printing and Copying	84.95
Promotions	532.72
Stripe fees	292.98
Supplies	237.36
Website	127.92
Total Expenses	<u>14,053.19</u>

Net Income	2,097.58
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Connect & Contact

Website

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Email

healthydancercanada@gmail.com

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Healthy Dancer Canada gratefully acknowledges the support of our partners, sponsors, donors and volunteers.

2018 HDC Supporters

