



Healthy Dancer Canada

The Dance Health Alliance of Canada



Table of Contents

Message from the President	p 1
About HDC	p 2
Services & Membership	p 4
Operations	p 5
Financial Report	p 7
2019 HDC Supporters	p 7

2019 Board of Directors

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Andrea Downie (Immediate Past President & Treasurer)
Karine Rathle (President)
Sarah Kenny (Secretary)

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Erika Mayall
Jennifer Bezaire
Jo-Anne La Flèche
Karen Sudds
Louis Laberge-Côté
Nicole Hamilton
Sandro Rajic
Sara Lawson

2018 Board Farewells

Nefeli Tsiouti

Cover: Jeffrey Lapira (CCDT dancer)
Photography: Luca Papini

Message from the President

Since 2017, I have had the honour to serve as Healthy Dancer Canada (HDC). Thanks to the Board of Directors for their trust and a big thank you to Andrea Downie Past-President (2016 & 2017) and the HDC Board of Directors. HDC is an organization that has grown so much in the past years and it is not the effort of a president alone, but of a whole team of dedicated volunteers on the Board of Directors and in our Committees working towards a common goal of promoting healthy dance practices across Canada. We owe gratitude to each and everyone that has contributed to the success and growth of HDC throughout the years and continue to do so.

As I am writing this message, we are in 2020, a year of continuous re-planning, adapting and resilience for the dance sector and beyond. Writing about 2019, is like going back to a different time and era, which is a reminder of why we do what we do.

In 2019, we successfully partnered up with IADMS for A Day for Teacher at the Montréal conference. The conference has enabled us to create new collaborations as well as to strengthen the existing ones. We were pleased to share with the international dance community the HDC Preseason Dancer Screen: Dance Educator Version, the first dancer screen appropriate for use by dance educators. Additionally, we are now part of a new and vibrant international working group looking at ways to prevent abuse in dance.

As we move onto 2020, we are very happy to continue our partnerships with Human Kinetics, Safe in Dance International, Canadian Dance Assembly, and more. 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 Healthy Dancer Canada's President and I look forward to welcoming our new Co-Vice-Presidents Karen Sudds and Jo-Anne Laflèche.

Karine Rathle
HDC President 2018-2020



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.

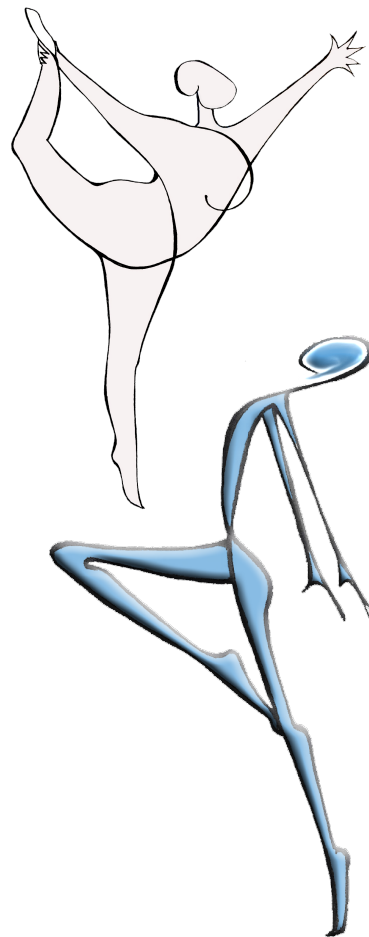
Mission

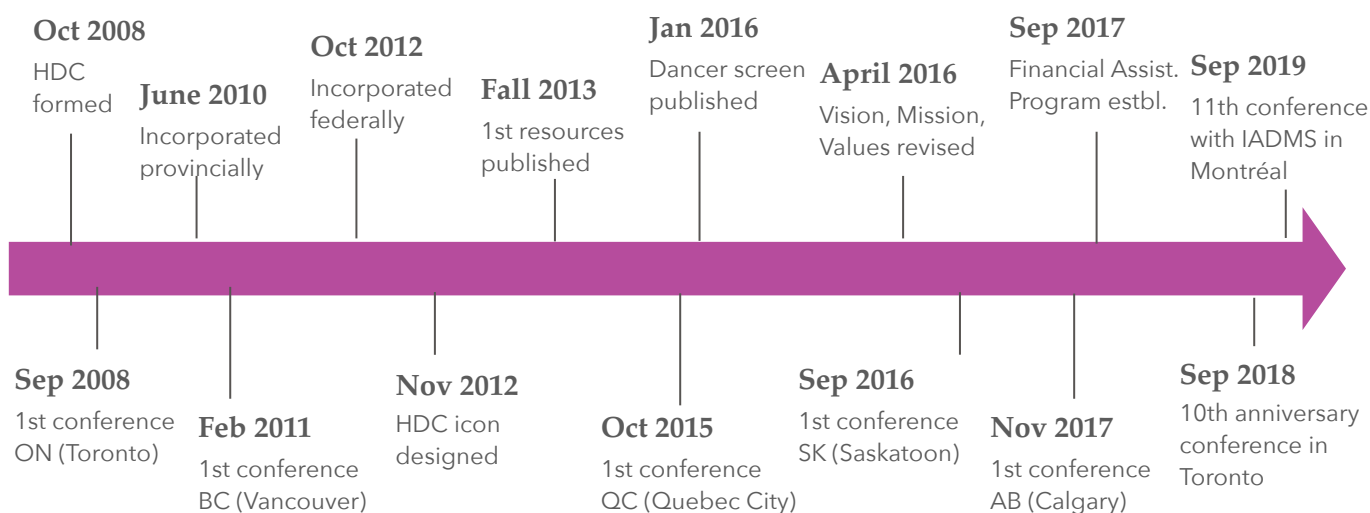
Healthy Dancer Canada's mission is to foster and facilitate communication and collaboration among the dance community, health professionals and researchers. We endeavour to enhance the health, well-being and performance of all dancers and to be the Canadian leader in this effort.

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

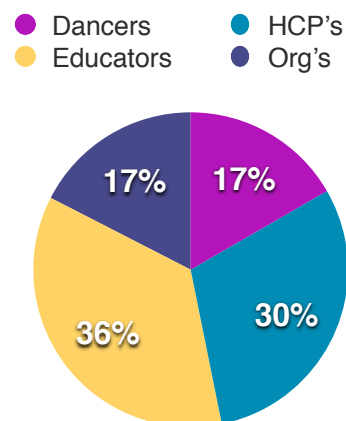
A membership to HDC demonstrates a commitment to dancers' health and wellness. HDC members can network with other dancers, dance educators, health care professionals and researchers with an interest in dance health. We feature a Member Directory with members' names and contact information. Members can 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, HDC Preseason Dancer Screen: Dance Educator Version, and an archive of newsletter articles, and advance-access to all new HDC Resources.

HDC's Members

HDC now has 128 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 Canada's borders. As of November, online membership registration was suspended and current members were given an extension as the Membership Committee works to integrate an automated registration system on the website. Membership registration and renewal are expected to resume in the winter of 2020.



Committees

Conference Committee

Karine Rathle (HDC Coordinator), Andrea Downie, Sarah Kenny, Erika Mayall

Dancer Screening Committee

Sarah Kenny & Erika Mayall (Co-Chairs), Kiah Brubacher-Cressman, Andrea Downie, Ellis Martin-Wylie, Karine Rathle, Rhonda Roberts Smid

Membership Committee

Tina Guthrie (Coordinator), Andrea Downie, Jo-Anne La Flèche, Alyssa Perron, Bonnie Robson

Newsletter Committee

Andrea Downie (Coordinator), Louis Laberge-Côté

Outreach & Communications Committee

Nicole Hamilton (Chair), Jennifer Bezaire, Andrea Downie (Website Coordinator), Karine Rathle

Resources Committee

Andrea Downie, Jenna Lee Hay, Jo-Anne La Flèche (Co-Chairs), Tanya Berg, Linda Bluestein, Jamie Hawke, Ann Kipling Brown, Sandro Rajic, Karine Rathle, Paula Sather, Karen Sudds



HDC Members Sheahan Keinick, Linda Bluestein, Karine Rathle, Jo-Anne La Flèche and Andrea Downie at the IADMS Conference in Montreal.

Operations

Conference Committee

For the 2019 conference, Healthy Dancer Canada partnered with the International Association of Dance Medicine and Science (IADMS) as they were scheduled to come to Montréal this year. HDC partnered with, and co-organized, *A Day for Teachers* with the IADMS Educational committee. The conference was held from the 24th to the 27th of October.

A Day for Teachers opened with a very informative presentation by Angelique Wilkie, who presented *Moving to move: An approach to dance technique*. Angelique is a researcher and technique teacher with decades of experience. It was a very rich presentation that was greatly appreciated by the participants.

The day was followed by a World Café: four subjects were discussed from 2 different perspectives. This debate was rich in scientific evidence and nuance. Attendees then had a choice between two movement sessions on *Building anatomical fluency through creative practices* presented by Megan Brunsvold & Mercedes BFA, MFA and *Utilizing strategies from motor learning to enhance verbal cueing for dancers* presented by Lisa Donegan Shoaf DPT, PhD & Judith Steel MA, CMA. During lunch, there

were round table discussions, followed by four lecture presentations. The day closed with an exceptional participatory lecture by Lynda Mainwairing entitled *2020 vision: Stress less, create more resiliency and self-care*.

The conference was a great success and another excellent experience for HDC to collaborate with IADMS. This partnership is certain to continue for years to come.

2019 Conference by Numbers

A Day for Teachers Presenters

21 presenters contributed to the lectures, workshops, round tables and world café.

IAMDS conference

This year's IAMDS conference had 570 attendees from all over the world, 32 countries were represented and 208 were Canadians and around 200 attendees were at A Day for Teachers. In total there were a 161 lecture/movement presentations



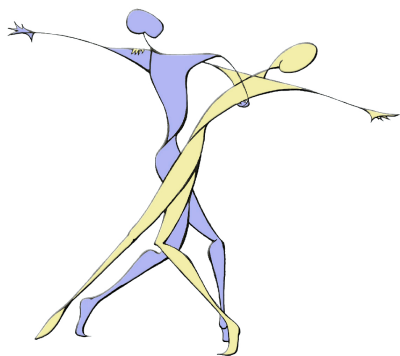
Dancer: Marie-Elena Leblanc Bellissimo. Teacher, Tanya Berg. Photo by Luca Papini

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 2019 and under the leadership of Sarah Kenny and Erika Mayall, the committee updated the *Dancer Screening Information* resource. We also focused on piloting, updating, getting supplemental photographs, and presenting our Dance Educator Screen at the IAMDS Conference in Montreal. 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 can be used 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). We also continued the work of formatting the 2nd edition of the Healthcare Professional Screen.

Our goals for 2020 include examining the feasibility of designing a dance-specific Long-term Athlete Development Model. We also hope to complete, publish, and share the updated Healthcare Professional Screen, as well as to conduct a survey to see how our members are using the Dance Educator Screen.



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 continued in 2019, under the leadership of Tina Guthrie, Membership Coordinator.

We currently have 128 members and have seen an increase this year in the number of member dance studios, clinics, and organizations/institutions. Membership continues to be strong internationally, with members in the United States, United Kingdom, Cyprus, Germany, Switzerland, and from coast to coast within Canada. We are almost a 50/50 split between new and renewing members, reaching out further every year.

In 2020, we hope to continue to connect with our new members because we know all of our members are valuable assets to the HDC organization. The time-consuming, multi-step and manual processing of memberships that continued this year will soon come to a close, as we anticipate that the MembershipWorks system will soon be integrated on our website to streamline, expedite and automate the on-line membership process.

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 2019, we only shared two newsletters with our members due to the need for additional committee members to help find and create content. However, the newsletters archive did expand and we now have 32 articles available to our members. The Newsletter Book Club continues and provides members-only specials on dance and wellness books through our partnership with Human Kinetics Canada.

In 2020, Andrea Downie will pass the torch to Louis Laberge-Cote, who will take on the coordinator role in the coming year. We will continue to share our members' news and events in our quarterly newsletter.

Outreach and Communications Committee

The Outreach Committee continues to increase awareness of the organization on our social media platforms and website. We invite all those who are not currently following HDC to join us online on Twitter, Instagram, Facebook, and LinkedIn.

Our outreach activities in 2019 included an informational table at the Teacher Expo in Toronto from August 6-8. This event brought together teachers from across Canada and as far as Mexico to engage in movement classes, practical workshops and more. President,

Karine Rathle facilitated a workshop on Hypermobility, and members Nicole Hamilton and Heather Finn facilitated a workshop on Injury Prevention and Stress Management. We also hosted informational tables at the Shine Dance Festival and Synergy Dance Provincials, both in BC. These tables were hosted by members Erika Mayall, Susie Higgins, and Mariah Jane Thies.

2019 Social Media Stats

Website:	310 visitors/month
Facebook Page:	1,338 followers
Twitter:	616 followers
LinkedIn:	481 connections
Instagram:	1000 followers



Board members Nicole Hamilton and Karine Rathle at Dance Teacher Expo in Toronto

Resources Committee

The goal of the 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, three new resources have been created, reviewed and/or finalized: Siobhan Mitchell's resource *Encouraging Continued Participation in Dance at Adolescence* has moved through the review process and awaits editing. Linda Bluestein's resource *Understanding Hypermobility in Dancers* was published and shared on the Members-Only section of the website. Jo-Anne La Flèche's article *Post-Performance Depression* was moved from the Members-Only section of the website to the Open-Access page. It will be translated in the upcoming year. Most existing resources have been standardized to the new design template with representative images.

The following papers have been reviewed, updated and redesigned, and are now available online in English: *Dancers and Art of Stress Management* and *10 Stress Management Tools*. The reviewed French versions have yet to be redesigned. *The Dancer Screening Information* resource has been updated and is available on the Open-Access page of the website.

As for resource dissemination, Karen Sudds and Jenna Lee Hay have sent an introduction letter, along with links to HDC resources, to several organizations in Alberta. Jo-Anne La Flèche wrote two informational papers for Dance/USA Task force on Dancer Health, where HDC is referenced: one on *Stress Management and Mindfulness* and the other one, on *Traumatic Experiences in Dance*. These papers have been put on their website and we will be working on setting a link for HDC members.

In 2020, we expect to publish more resources, and will continue to translate our existing resources into French.

Financial Report

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

Income and expenses for fiscal year ending December 31, 2019:

Income

Conference fees	0.00
Conference sponsorship	0.00
Interest income	4.04
Membership dues	5,175.00
Outreach pay	<u>366.17</u>
Total Revenue	5,545.21

Expenses

Accounting fees	221.24
Annual return	20.42
Awards	0.00
Bank charges	36.25
Conference expenses	1,041.10
Dues & memberships	125.00
Insurance	303.48
Legal fees	542.40
Miscellaneous expenses	0.00
Outreach expenses	366.17
PayPal expense	41.55
Postage, mailing	87.33
Printing and copying	1,185.49
Promotions	700.00
Stripe fees	246.06
Supplies	0.00
Website	<u>538.78</u>
Total Expenses	<u>5,455.27</u>
Net Income	89.94

Connect & Contact

Website

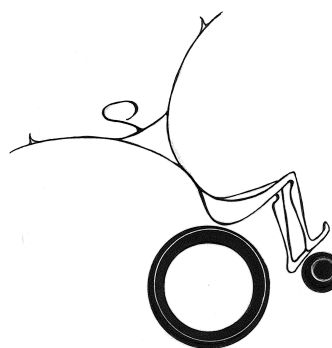
www.healthydancercanada.org

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2019 HDC Partners & Supporters

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

Special thanks to

- Safe in Dance International
- Canadian Dance Assembly
- Human Kinetics
- Riley Back Chartered Professional Accountants
- Royal Academy of Dance Canada