



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

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## 2020 Board of Directors

### Officers

Karine Rathle (President)  
Jo-Anne La Flèche (Co-Vice-President)  
Karen Sudds (Co-Vice-President)  
Sarah Kenny (secretary)  
Andrea Downie (treasurer)

### Directors

Liana Bertsch  
Nicole Hamilton  
Louis Laberge-Côté  
Erika Mayall  
Sandro Rajic

## 2019 Board Farewells

Jennifer Bezaire  
Sarah Lawson

Cover photography : Michael Mortley

## Message from the President

It has been a real honour to serve as Healthy Dancer Canada (HDC) president for the past three years. Three years where I have been in awe working with an incredible team, surrounded by the knowledge, the talent, the kindness of the Board and committee members that serve HDC's mission. We faced challenges together, but always with a smile, solution-driven, attentive to one another. I thank everyone for their trust, their hard and effective work, their patience and resilience.



2020 was not a year like any other; we cancelled our conference for the first time in 12 years, we reassessed how dancers, teachers and health professionals would work together, we planned and replanned. We got through it, and we continue to strive for the health and wellbeing of dancers across Canada through the work of all our Committees.

Thanks to the Board of Directors for their trust and a big thank you to Andrea Downie, Past-President (2016 & 2017) and our co-vice presidents Karen Sudds and Jo-Anne Laflèche for their continuous and generous support throughout the year. HDC is an organization that has grown so much in the past years. 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 the success and growth of HDC to each and everyone that have contributed throughout the years and those who continue to do so today.

As we move onto 2021, we are very delighted to continue our partnerships with Human Kinetics, Safe in Dance International, CDA and more. We are looking forward to a hybrid conference

model from one ocean to the another, hoping to broaden our reach. 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 and I am looking forward to welcoming our new co-presidents Karen Sudds and Jo-Anne Laflèche for 2021!

Karine Rathle  
HDC President 2018 & 2019 & 2020

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## 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.

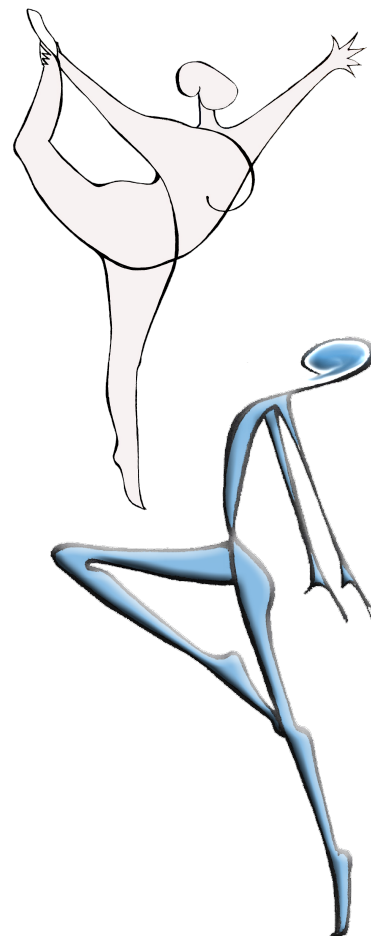
### Mission

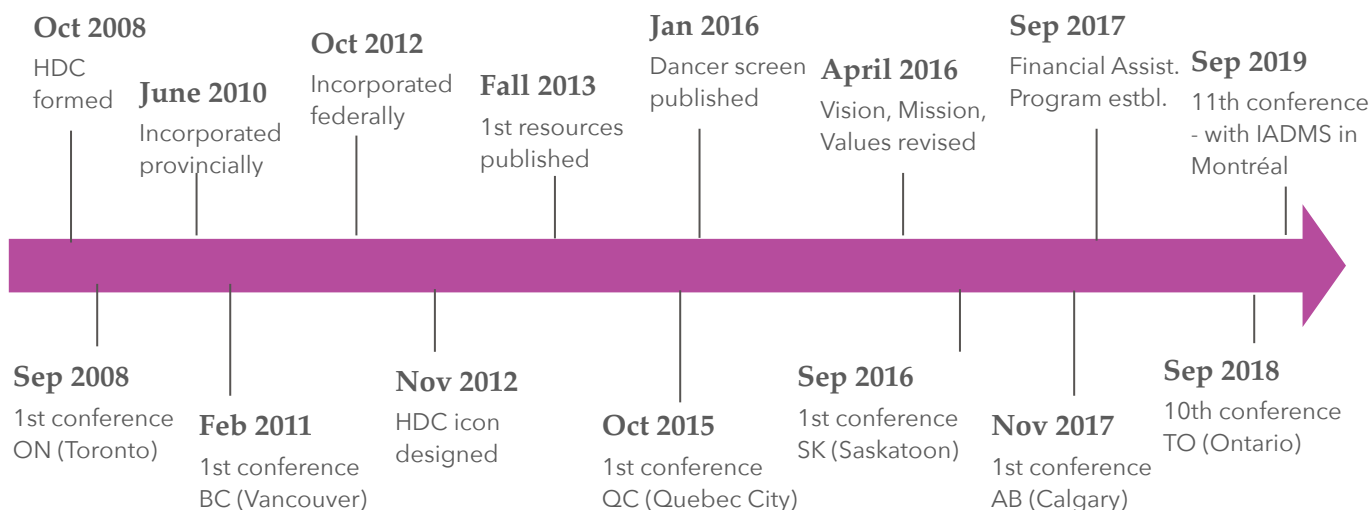
Healthy Dancer Canada's mission is to foster and facilitate communication and collaboration among the dance community, health professionals and researchers. We endeavour to enhance the health, well-being and performance of all dancers and to be the Canadian leader in this effort.

### 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.





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## 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

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#### Public Services

HDC provides the public with access to information about dance health, well-being and performance. We have 13 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 now has 77 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. Membership is now done through an automated registration system online which was implemented in 2020. In order to implement this new system, registration was closed in 2020 for a few months, this explains the decrease in numbers of members for 2020.

HP : 12; Clinic studio organisation : 13 Dancers-students : 27; Dance Educators: 25

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# Operations

## Committees

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### Conference Committee

Erika (Coordinator),

### Dancer Screening Committee

Sarah Kenny & Erika Mayall (Co-Chairs), Kiah Brubacher-Cressman, Andrea Downie, Sheahan Keinick, Karine Rathle, Rhonda Roberts Smid, Paula Sather

### Membership Committee

Andrea Downie, Jo-Anne La Flèche

### Newsletter Committee

Louis Laberge-Côté (Co-Coordination)

### Outreach & Communications Committee

Nicole Hamilton & Sandro Rajic (Co-chairs), Andrea Downie (Website Coordinator)

### Resources Committee

Andrea Downie & Jo-Anne La Flèche (Co-Chairs), Linda Bluestein,, Anne Kipling Brown, Jenna lee Hay, Sandro Rajic, Karine Rathle, Paula Sather, Karen Suds

### Financial Development Committee

Marlene Stirrett-Matson (Chair), Karine Rathle, Ellis Martin Wylie

### BIPOC Advocacy Working Group

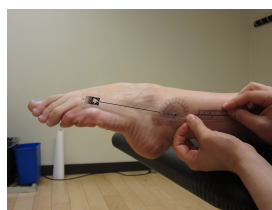
Rhonda Roberts Smid (Chair), Blessyl Buan, Andrea Downie, Amber Downie-Back, Nicole Hamilton, Natasha Poon Woo

## Conference Committee

2020 marked the first time in its 12-year history that Healthy Dancer Canada did not hold an annual conference. Originally scheduled to be held in Vancouver on August 28 – 30, 2020, the conference committee made the difficult but necessary decision to cancel the conference in light of the COVID-19 pandemic.

Looking to the future, the Conference Committee will reconvene in 2021 and explore unique ways to deliver the annual conference, potentially offering a hybrid event with both virtual and in-person options across the country in 2021.

## 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.

In 2020 the Screening Committee had goals of

- ❖finalizing the revisions on the Health Care Professional Screen
- ❖conducting a survey on member use of the Dance Educator Screen
- ❖creating a resource document for dance educators with suggested supplementary training based on screening results
- ❖filming video demonstrations for components of the screening tools to embed into the documents

Much of the committee work was put on hold in 2020 due to the global pandemic and will be continued into 2021.

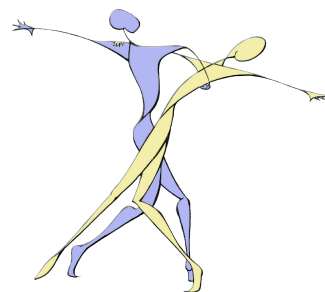
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## Membership Committee

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, welcome new members, and communicate with members regarding membership renewal. We continued in 2020, under the co-leadership of Alissa Lee, Administrator and Meghan Critchley, Coordinator. We currently have 77 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 had an increase of 60 new members over the last year. In 2021, we hope to continue to connect with our new members because we know all of our members are valuable assets to the HDC organization. We launched the use of the MemberWorks system to automate membership processing and renewals. This has streamlined, expedited, and automated our online-membership process. Huge thanks to Alissa Lee for her tremendous work on switching over our systems.



Photo courtesy of Michael Mortley



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## 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 HDC website's News page. We highlight the work being accomplished by the organization, as well as 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 2020, due to COVID-19, we distributed three newsletters instead of our usual four. However, we continued the Newsletter Book Club that provides members-only specials on dance and wellness books through our partnership with Human Kinetics Canada and shared various COVID-related resources with the membership. We now have 33 articles available to members in the newsletter archive.

In 2021, we hope to increase the size of this committee and continue sharing the work of developing newsletters amongst its members.

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## Outreach and Communications Committee

The Chairs Nicole and Sandro are currently reviewing the structure of the committee including goals and values. Current action goals include but are not limited to; 3 month action plans, meeting structure, outreach initiative ideas which will serve in creating awareness of the organization, while inviting more members to join HDC, and committee meeting frequency for the new year.

**Communication:** The committee is also investigating new ways to foster new collaborations via our outreach efforts. As a committee, we are currently looking at how we support the community in knowledge sharing, and networking through outreach.

The Outreach Chairs (Nicole Inica Hamilton and Sandro Rajic) request for anyone who has been conducting any outreach initiatives (Talks, etc.) to please share with us so that we may also support by sharing with our social media followers. Please forward emails to: [outreach.healthydancercanada@gmail.com](mailto:outreach.healthydancercanada@gmail.com)



Dancer in photo :  
Claudia Moore

### 2020 Social Media Stats

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|                       |                   |
|-----------------------|-------------------|
| <b>Website:</b>       | 460 visitors/week |
| <b>Facebook Page:</b> | 1, 735 followers  |
| <b>Twitter:</b>       | 708 followers     |
| <b>LinkedIn:</b>      | 495 connections   |
| <b>Instagram:</b>     | 1336 followers    |

## BIPOC Advocacy Working Group

The BIPOC ADVOCACY WORKING GROUP (BAWG) was created in August 2020 in response to the many social inequities in our society. The pandemic revealed these issues so clearly that it allowed Healthy Dancer Canada to look inward and discover a lack of diversity within this organization. However, more importantly, this created an opportunity for HDC members to create a space to make positive changes.

The working group's mission is to uplift the voices and experiences of the Black, Indigenous, and People of Colour (BIPOC) dance community in Canada. Our goal is to provide strategies and opportunities to boost representation and leadership roles of Healthy Dancer Canada and the Canada-wide dance health community.

We are in the beginning stages of building our platform and have spent our first few meetings refining our mission and developing a clear vision, which helped our working group recognize we are not an EDI committee. EDI work being very broad and covering many issues, we recognized this group will not be working on all equity issues.

As a group, we began to understand that our mission and purpose for coming together was to improve the lack of representation found in our BIPOC community. BAWG had a wonderful opportunity to discuss our mission with the HDC membership at the Annual General Meeting held in August 2020. Our presentation, *"Empowered by the Possibility of Change"* allowed our members to understand why HDC needed this working group. In a short term, this group has been productive, actively working to infuse cultural diversity into the organization and to prop up the Black, Indigenous, and People of Colour community for success within Healthy



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Dancer Canada and the greater Canadian dance community.

We aim to address the systemic structures that have displaced or prevented the BIPOC community from thriving with advocacy. We aspire to change the limitations of these structures. Our goals for 2021 are to continue bringing awareness through our February highlights social media blitz and resources to better understand what this community faces. In February, we will showcase Black Artists, performers, and issues surrounding dance health and research. We will also discuss our BIPOC Scholarship program that will be awarded later this year and determine the eligibility and application requirements for this award.

## 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, three new resources were developed. A bilingual paper entitled *Equity, Diversity and Inclusion Resources / Ressource sur l'équité, la diversité et l'inclusion* was created and is now the website's Open-Access page. Siobhan Mitchell's resource *Encouraging Continued Participation in Dance at Adolescence* and a resource written by Lauren Ritchie and Poppy DesClouds, entitled *Building Resilience in Dance*, have undergone the peer-review and editing processes and are now in the final design phase. The committee will add them to the Members-Only section of the website in the new year. Linda Bluestein's resource *Understanding Hypermobility in Dancers*, published in 2019, was transferred from the Members-Only section of the website to the Open-Access page. The latter three resources will be translated to French in 2021.

No resource dissemination activities were undertaken by the Committee in 2020, mainly due to the challenges caused by the pandemic.

We are expecting more exciting resources to be developed in 2021, including one entitled *Managing Hypermobility*, written by Linda Bluestein and Andrea Downie, that is presently being written. We are also planning to review and update several of our existing resources.

## Financial Report

Healthy Dancer Canada is 100% volunteer-operated. Our revenue typically comes from membership dues, conference fees, sponsorships and donations. This year, there was no conference and membership was lower than previous years, nevertheless, we managed to pull through with a minimal loss.

### Revenue and expenses for fiscal year ending December 31, 2020:

#### Revenue

|                 |                 |
|-----------------|-----------------|
| Interest income | 4.37            |
| Visa cash back  | 2.37            |
| Membership Dues | <u>4,045.00</u> |
| Total Revenue   | 4,051.74        |

#### Expenses

|                           |                 |
|---------------------------|-----------------|
| <b>Accounting Fees</b>    | <b>250.00</b>   |
| Bank charges              | 25.50           |
| Conference expenses       | 293.20          |
| Dues & memberships        | 593.37          |
| Insurance                 | 333.38          |
| Membership administration | 531.00          |
| Printing and Copying      | 311.53          |
| Ressources expenses       | 355.00          |
| Stripe fees               | 143.26          |
| Website                   | 1,267.28        |
| Total Expenses            | <u>4,103.52</u> |
| <b>Net Income</b>         | <b>-51.78</b>   |

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## Connect & Contact

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### Website

[www.healthydancercanada.org](http://www.healthydancercanada.org)

### Email

[healthydancercanada@gmail.com](mailto:healthydancercanada@gmail.com)

### Follow Us

on [Facebook](#), [Instagram](#), [LinkedIn](#), [Twitter](#)

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

