



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



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Cover: HDC member Natasha Poon Woo

Photography: Francesca Chudnoff

Message from the Presidents

It is with great pleasure and deep gratitude that we have served the HDC members as Co-Presidents throughout 2021. As we look back at the numerous challenges experienced by the dance community in these adverse times, we want to acknowledge the many significant contributions of our Board of Directors and members. We wish to express our sincere thanks to these beautiful human beings without whom HDC could not evolve and expand! Recognizing the fractured world, we have been living in, we committed our time and resources to build a more accessible and inclusive organization for the dance artists and educators, health professionals, and researchers in Canada and beyond. While sharing the role of Co-Presidents, we also shared a passion for the health and well-being of all dancers, and a commitment to deepening our connection with you, valued members!

In 2022, the physical and psychosocial health of the dance community will remain the heartbeat of Healthy Dancer Canada. With our newly released BIPOC Scholarship and Mentorship program, along with an upcoming translated website, we look forward to expanding our reach to provide relevant educational resources and opportunities for the broad community. We look forward to welcoming Louis Laberge-Côté as Vice-President!

Message des Co-présidentes

C'est avec un grand plaisir et une profonde gratitude que nous avons servi les membres de HDC à titre de Co-présidentes au cours de 2021. Alors que nous tournons notre regard vers cette dernière année, nous souhaitons rendre hommage aux nombreuses réalisations faites en 2021 par les membres du conseil d'administration et par toute la communauté de Healthy Dancer Canada. Nous souhaitons exprimer nos remerciements sincères à toutes ces personnes merveilleuses sans qui HDC ne pourrait continuer d'évoluer et de croître ! En cette période de grande détresse et de ruptures, nous avons consacré beaucoup de temps et d'énergie à bâtir une organisation plus accessible et plus inclusive mise au service des interprètes, des éducateurs.trices, des professionnel.les et des chercheurs.es en danse au Canada. Nous avons partagé non seulement la présidence mais aussi la même passion pour la santé et le bien-être de tous les interprètes de la danse, et le même engagement soutenu à maintenir des liens serrés avec vous, chers membres !

En 2022, la santé bio-psycho-sociale demeurera au cœur de la mission de Healthy Dancer Canada.

Grâce au programme de bourse et de mentorat destiné aux minorités ethniques (BIPOC) et au site Web bilingue qui sera bientôt implanté, nous souhaitons poursuivre nos efforts pour étendre notre portée et fournir des ressources éducatives et des opportunités de formation continue à toute la communauté de danse. Nous aurons le plaisir de collaborer avec notre nouveau vice-président, Louis Laberge-Côté !

Wishing you continued growth and support — Avec tous nos souhaits d'épanouissement personnel et de connexité avec vos proches,

Karen Sudds and/et Jo-Anne La Flèche, Presidents/Co-présidentes HDC 2021-2022.



About HDC

Healthy Dancer Canada - The Dance Alliance of Canada (HDC) is a federal non-profit organization. Our members, volunteers and supporters include dancers, dance students, dance educators, health professionals, researchers, 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 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.

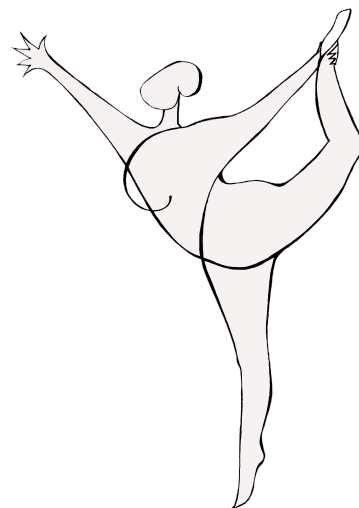
Mission

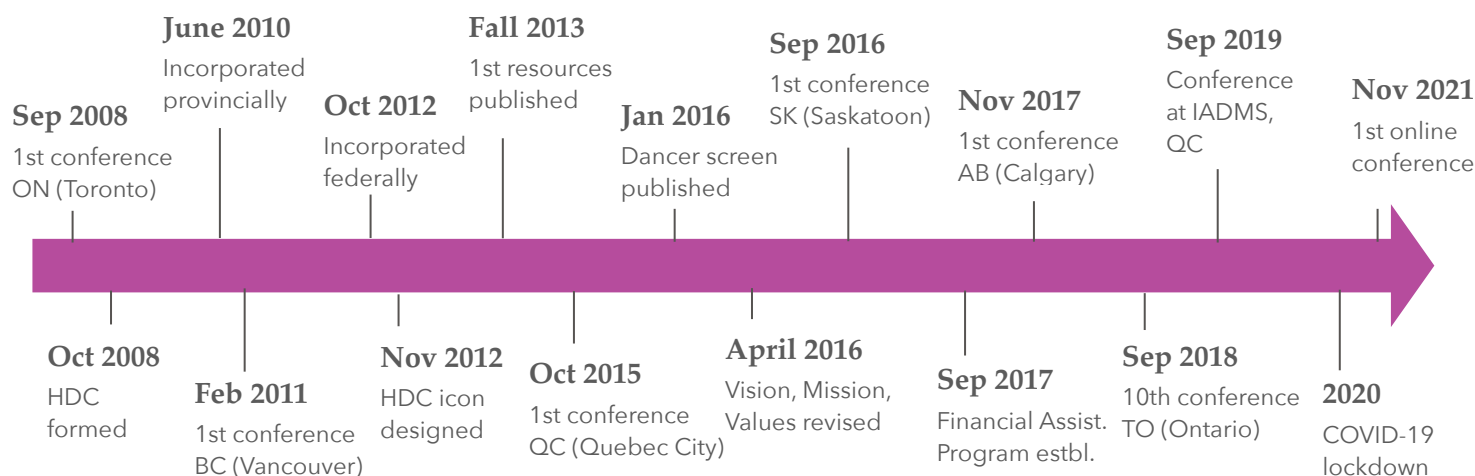
Healthy Dancer Canada's mission is to foster and facilitate communication and collaboration among the dance community, health professionals and researchers. We endeavor to enhance the health, well-being and performance of all dancers regardless of personal and social identities, and to be the Canadian 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 a sense of 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 research, 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 our logo was created in 2012 from a sketch by founding member Andrea Downie and with graphics by Alessia Soppelsa. The figure was designed to represent all dancers (including all personal and sociocultural identities) and all dance forms. The colours surrounding the dancer symbolize our goal to have equal representation from dancers, dance educators, health professionals/researchers within our organization. Healthy Dancer Canada's official poster and company of website dancers were created by Lisa Dickson in 2015 in the spirit of these original principles. In 2017, we added more dancers to the "company," in an effort to better represent diverse body types and dance genres. 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 14 open-access, peer-reviewed resources on our website, 11 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. In 2021, HDC paid out \$1,000 in performance fees (for our Annual Conference), gave \$300 through our annual Research Award and provided complimentary conference passes (for low income individuals/students/emerging artists) for an approximate value of \$195.

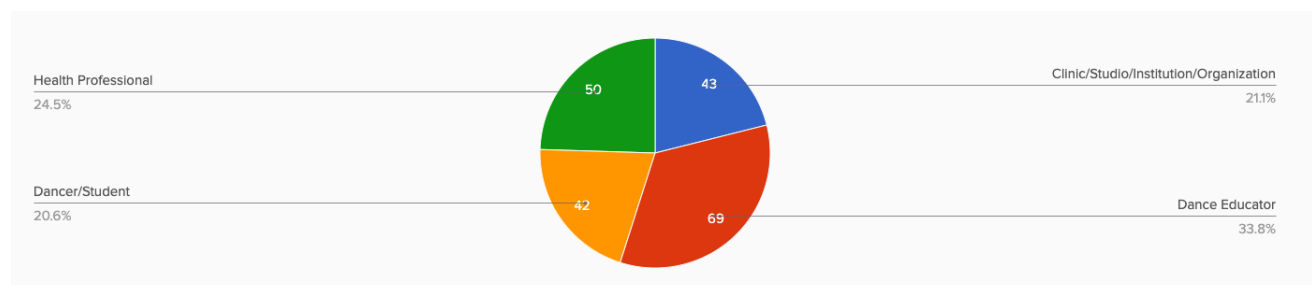
Member Benefits

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 134 active 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 done through an automated registration system online which was implemented in 2020.



Operations

Committees

Conference Committee

Erika Mayall (Chair), Andrea Downie, Karine Rathle, Susie Higgins, Ella Sargent, Jamie Hawke, Marla Eist, Valérie Poulin

Dancer Screening Committee

Sarah Kenny & Erika Mayall (Co-Chairs), Andrea Downie, Sheahan Keinick, Kiah Brubacher-Cressman, Paula Sather, Lara Haikal, Hayley Ng, Sam Beckman

Membership Committee

Meghan Critchley (Chair), Bonnie Robson, Karen Sudds, Jo-Anne La Flèche

Newsletter Committee

Louis Laberge-Côté (Coordinator)

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, Brown, Jenna lee Hay, Lara Haikal, Sandro Rajic, Karine Rathle, Paula Sather, Karen Sudds

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

After the cancellation of the 2020 Annual Conference due to the COVID-19 pandemic, the 2021 conference committee planned a virtual conference for the first time. The Committee selected the theme *Access, Adapt, Advance: finding our way forward* together in order to sustain the dance community's efforts to bounce back and grow amidst the great challenges brought on by the pandemic. The conference took place online on November 6th and 7th, and included a total of 23 presentations, lectures and workshops, and four performances from emerging and professional dancers based in various areas across Canada. Congratulations to this year's Research Award winner Lara Haikal!

Thank you to the 2021 Conference Committee for their invaluable work: Erika Mayall (chair), Andrea Downie, Karine Rathle, Susie Higgins, Ella Sargent, Jamie Hawke, Marla Eist, Valérie Poulin.

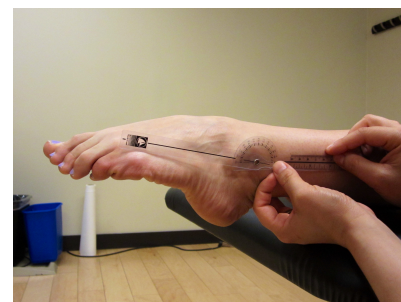
DANCER SCREENING COMMITTEE

Co-chaired by Sarah Kenny Educator/Researcher, and Erika Mayall Physiotherapist, 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.

After a somewhat tumultuous 2020, our committee reunited at the start of 2021, and welcomed three new members, representing students pursuing medical and physiotherapy degrees as well as a personal trainer with an MFA Dance Science. All are former or current dancers and bring their individual expertise to supporting the two HDC dancer screening tools (i.e., one led by dance educators, the other by healthcare professionals).

Dance Educator Screen

At the joint annual IADMS & HDC 2019 Conferences in Montreal, the committee presented a well-received interactive session titled 'Screening for dancers: What can teachers do?'. Feedback from attendees led to developing a resource of recommendations for dance educators to guide their students towards improvement after they have conducted the Dance Educator Screening



program. These recommendations comprise physical exercise suggestions for target areas needing development (e.g., dynamic balance, muscular strength, etc.), as well as support in knowing when to follow up with a healthcare professional. Additional efforts are being made to plan and film demonstrations of relevant physical tasks that make up the Dance Educator Screen so that they can be posted on HDC's YouTube channel for easy reference.



Photo: Lindsay Nicole/Physio: Dinah Hampson/Dancer: Nathaniel Dolquist

Healthcare Professional Screen

The 2nd edition of the Healthcare Professional Screen is in its final copy-editing stages and became available to members at the end of 2021. Updates to the screen reflect current best practices and available evidence. Instructional photographs have also been added to the documents.

Other accomplishments during 2021 include a social media feature where co-Chair, Erika Mayall PT, took a deep dive into dancer screening, explaining its purpose, how to use the guidelines, and answered specific questions live. All content is saved in the Highlights of the HDC Instagram page.

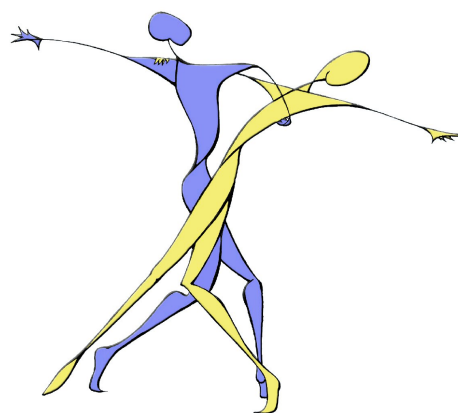
Moving into 2022, an important goal for our committee is to continue sharing the importance of dancer screening with dance teachers and healthcare professionals across the country. To do this during pandemic times, the committee is planning a Dancer Screening Webinar to help disseminate necessary information and take questions from the dance community.

Thank you to 2021 Screening Committee Chairs and members for their invaluable work: Andrea Downie Educator, Sheahan Keinick Educator, Kiah Brubacher-Cressman Physiotherapist, Paula Sather Physiotherapist, Lara Haikal Medical student, Hayley Ng Physiotherapy student, and Sam Beckman Personal Trainer!

MEMBERSHIP COMMITTEE

The Membership Committee endeavors to promote the membership benefits with Healthy Dancer Canada. The Committee members receive and process memberships, update the Member Directory on the HDC website, welcome new members, and communicate with members regarding membership renewal. Membership is now done through an automated registration system online. In 2021, these tasks were done under the co-leadership of Chair Meghan Critchley and Administrator Alissa Lee, assisted by Bonnie Robson, Karen Sudds, and Jo-Anne La Flèche. Thank you to the 2021 Membership Committee members for their invaluable work!

We currently have 134 active members which represents an increase of 45 new members over the last year. As seen in the graph below, HDC represents dancers, dance educators, health professionals, dance studios, health clinics and organizations/institutions. Our membership comes from across Canada and continues to be strong internationally, with members in the United States, United Kingdom, Cyprus, Germany and Switzerland.



Member Demographics Survey

In 2021, the membership committee distributed a demographics survey to our existing members to get to know who our members are! This survey helped us to determine our members age, gender, ethnicity, education, spoken languages, and the dance genres they represent. We also utilized this survey to identify what areas of dancer health and wellness our membership is interested in and how HDC can better tend to the needs of all dancers.

Only one Committee meeting was held during the year, but membership work continued behind the scenes nonetheless. In 2022, we hope to continue to connect with our new members because we know all of our members are valuable assets to the HDC organization. In addition, we look forward to collaborating with other committees to bring these areas of interest to our members and to widen our reach to marginalized dance communities.

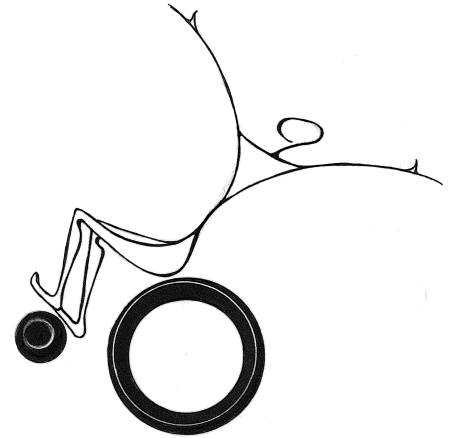


Photo: Francesca Chudnoff/Dancer: Claudia Moore

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.

After two years of reduced activity, mainly due to COVID, we returned to our regular schedule and distributed four newsletters throughout 2021. We continued the Newsletter Book Club, which provides members-only specials on dance and wellness books through our partnership with Human Kinetics Canada. We shared various dance and health-related resources with the membership. We now have 39 articles available to members in the newsletter archive.

Louis Laberge-Côté currently acts as sole member of the Newsletter Committee. If anyone would like to join him on the committee, please express your interest. In the meantime, the Committee continues to share HDC members' news and events in our quarterly newsletter. In 2022, we hope to increase the size of this committee and continue sharing the work of developing newsletters amongst its members. Huge thanks to Louis Laberge-Côté for his invaluable work in 2021!



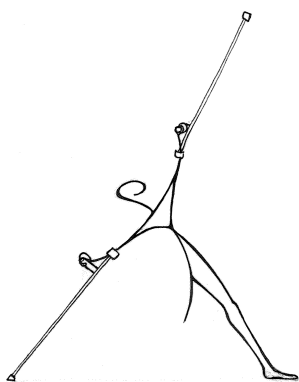
OUTREACH & COMMUNICATIONS COMMITTEE

The role of the Outreach & Communications Committee embraces three large tasks: first, to present and communicate HDC initiatives and those of our partners. Second, to promote the growth and membership of HDC by facilitating and bringing awareness of HDC initiatives and dance health information to our nationwide audience via social media sharing. And finally, to create a strong presence at nationwide events via outreach initiatives.

The 2021 Outreach Committee counts three members: Co-Chairs Nicole Inica Hamilton and Sandro Rajic, as well as Website Coordinator Andrea Downie. Thank you to them for their invaluable work!

2021 Social Media Stats

Website:	620 visitors/month
Facebook Page:	1,732 followers
Twitter:	715 followers
LinkedIn:	510 connections
Instagram:	1,431 followers



The HDC Outreach statistics continue to grow yearly (see stats above).

During 2021, the Outreach Committee covered the following events: DTRC On the Move in Vancouver, Toronto and Montréal, Sundance/CCDT, Guelph Dance Festival, and Dance Science & Somatics Educators.

We will be pursuing three goals for 2022:

1. Establish three-month action plans (e.g. initiative ideas)
2. Encourage membership, and awareness of HDC via social media
3. Create precise and on-brand targets for our social media presence.

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. Only one Committee meeting was held in 2021, but work continued behind the scenes nonetheless.

Three new resources were developed and posted on the website in the Members-only section at the end of the year: *Motor Development and the Younger Dancer* written by Donna Krasnow and Virginia Wilmerding, the updated version of *Healthcare Professional Version of Dancer Screen* (Screening Committee) and *Nutrition Tips for Dancers* (Marie Scioscia).

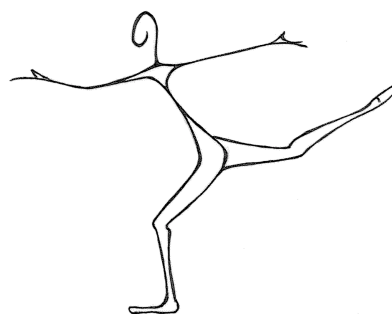
Krasnow's and Wilmerding's article *A Guide to Neutral Pelvis, Core Support and Trunk Stabilization* was translated and copy-edited, and will eventually be posted in the Open-access section of the website. Thanks to personal donations and a grant from Heritage Canada, 14 more resources were translated by two professional translators. They should be posted in early 2022.



Photo: David Cooper/ Courtesy of Mandy R

No resource dissemination activities were undertaken by the Committee in 2021, mainly due to the challenges caused by the pandemic.

A new document titled *Resource Publishing Policies & Procedures* was created, in order to guide future collaborators in their writing and to better inform them of the Committee's editing process. This document was submitted to the BOD for approval during the meeting in December.



In 2022, we are also planning to re-review and update several of our existing resources. We are also expecting more exciting resources to be created, including a paper on *Exercise Recommendations following Dancer Screening* that is currently in development. One paper entitled *Managing Hypermobility* will be written by Linda Bluestein and Andrea Downie. We may receive a third resource by Donna Krasnow and Virginia Wilmerding. In addition, we plan to give four Continuing Education webinars for HDC members and non-members: *Dancer Educator Screening*, *Motor Development and Dance*, and *Self-care for the Artistic Soul* (fourth webinar TBD).

Our sincere thanks to the 2021 Resources Committee members for their invaluable work: Andrea Downie and Jo-Anne La Flèche (Co-Chairs), Linda Bluestein, Jenna lee Hay, Lara Haikal, Sandro Rajic, Karine Rathle, Paula Sather and Karen Sudds.



Photo: Michael Mortley/Dancer: Cheryl Chan

FINANCIAL DEVELOPMENT COMMITTEE

The Financial Development Committee's role is to seek relevant funding opportunities at provincial and national levels that will financially support dancer health-related projects. The Committee also completes and submits applications for funding. In 2021, these tasks were accomplished by Marlene Stirrett-Matson (Chair), Karine Rathle and Ellis Martin Wylie. Huge thanks to them for their invaluable work!

This past year, the Committee was successful in applying for HDC's first ever grant: \$3,527 from the Department of Canadian Heritage for the translation of many of our resource papers and the creation of a bilingual website, under the auspices of a program called the Enhancement of Official Languages, Promotion of Linguistic Duality Component.

During the year, Marlene made a presentation to the Board of Directors on the challenges in applying for and receiving grants, including the increased accountability when receiving public dollars, and some potential sources of funding for the organization. The Committee continued to research grants and brought forward ideas to the Board for consideration.

In 2022, the Committee is planning to develop a fundraising plan to submit to the Board members. We greatly need new members on the Committee with experience in fundraising, sponsorship or grant writing, in order to expand and move forward with new projects!

BIPOC ADVOCACY WORKING GROUP (BAWG)

The BIPOC ADVOCACY WORKING GROUP (BAWG) was created in 2020 in response to the many social inequities in our society. Our working group of six members includes health professionals, dance educators, and dancers. Our mission is to uplift the voices and experiences of the Black, Indigenous, and Peoples of Colour (BIPOC) dance community within Canada, while proposing strategies and opportunities to boost representation and leadership roles within Healthy Dancer Canada and the Canada-wide dance health community. Our vision is to actively work to infuse cultural diversity into the organization and to set up the BIPOC community for success within Healthy 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.

In 2021, one of our goals was to continue to bring awareness to current issues affecting the BIPOC dance community. We worked to be up to date with resources and social media posts. We strove to create opportunities for HDC members to create a space to make positive changes. In February 2021, we showcased Black Artists and discussed issues surrounding dance, mental health and research. In March 2021, we strove to lift up Asian voices during Asian heritage month. We brought attention to Asian stereotypes and tokenism found in dance and dance companies. These issues were highlighted through our Outreach committee using social media via Instagram posts, Facebook, and our HDC resources page. That same month, our Board of Directors had a wonderful opportunity to work with Charles Smith from CPAMO. He reinforced our working group's mission by conducting an anti black racism workshop. This was a valuable step for our organization as it provided more understanding for the work that needs to be done, especially in our own community. Our hope is to continue workshops of this nature.

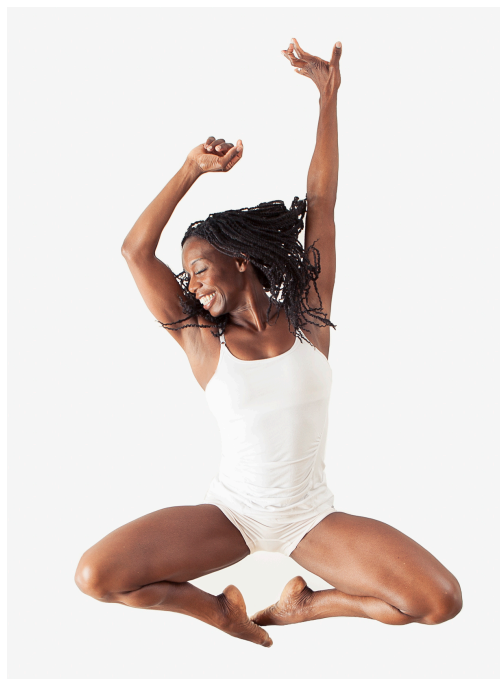
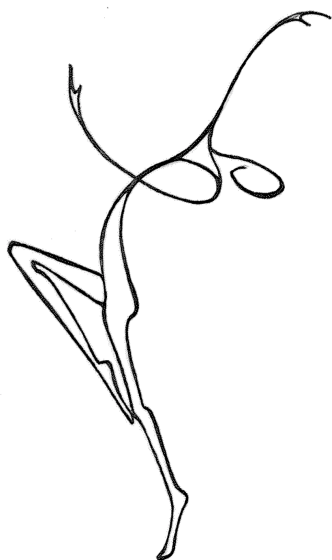


Photo: Denise Militzer/Dancer: Rhonda Roberts-Smid



In September 2021, in the spirit of truth and reconciliation, our working group saw a need for building and improving our relationships with Indigenous dance communities and arts organizations. We connected with Indigenous Performing Arts Alliance (IPPA) with hopes to continue to bring support and build relationships. This organization was suggested by a member of our working group because of its deep commitment in lifting up Indigenous artists.

Another goal pursued in 2021 was to provide strategies and opportunities to boost access, representation, and leadership roles within Healthy Dancer Canada and the Canada-wide dance community. With COVID still being a major issue in our society, our progress was somewhat reduced through the mid part of this year. However, we believe we established a solid plan to help with this final goal.

We are excited to highlight the realization of our big project this year, the BIPOC Emerging Artist Scholarship program which will be awarded in 2022. Eligibility and application requirements have been developed and we now have funding available for this scholarship program. In December 2021 we received four applicants. The winner will be announced in the HDC newsletter in 2022.

Our future goals are to continue bringing attention to issues that will help change the narrative of BIPOC performers, educators, and healthcare professionals, and to showcase the talent we may not be seeing. We aspire to move the conversation forward and through our advocacy, provide tools and education that can help support changes throughout our diverse dance communities. We want to move our community from “wake, to woke, to work.”

Thank you to the 2021 BAWG members for their invaluable work: Rhonda Roberts-Smid (Chair), Blessyl Buan, Andrea Downie, Amber Downie-Back, Nicole Hamilton, and Natasha Poon Woo.

Financial Report

Healthy Dancer Canada is 100% volunteer operated. Our revenue typically comes from Membership dues, conferences fees, sponsorships and donations. This year, a first online conference was held and membership bounced back compared to the dramatic loss in 2020, that was mainly due to the pandemic and the temporary membership intermission caused by the Membership automation process. The revenue generated by the annual conference, membership dues, and both private and public funding, permitted HDC to end 2021 with a net income of \$6,743.33. The following report was graciously prepared by HDC Treasurer Alex Thompson to whom we express our deepest gratitude for her invaluable work!

Revenue and expenses for fiscal year ending December 31, 2021:

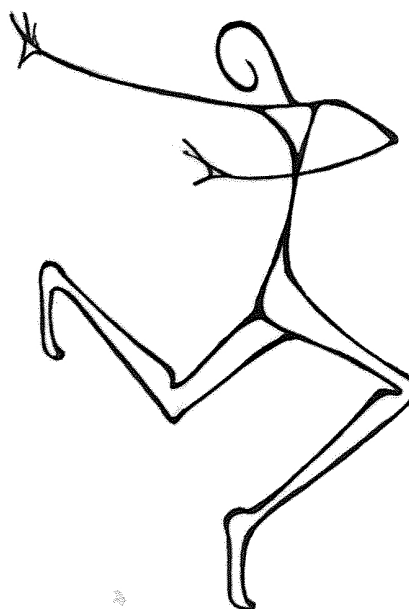
REVENUE

Conference Fees	5,127.22
Membership Dues	6,415.00
Presentation/Workshops	75.00
Donations/Fundraising	5,578.87
<u>Grants</u>	<u>3,527.10</u>
Total Revenue	20,723.49

EXPENSES

Accounting Fees	221.24
Awards/Scholarships	300.00
Dancer Necessity Fund	1,000.00
Bank & PayPal Fees	84.50
Conference Expenses	587.70
Insurance	303.48
Membership System	455.33
Membership Coordinator	603.00
Membership Dues	150.00
Misc (annual return, mailing, ...)	84.45
Resources	600.00
Translation	8,435.87
Website	459.39
Zoom	130.20
<u>BOD Equity Training</u>	<u>565.00</u>
Total Expenses	13,980.16

NET INCOME **6,743.33**



Connect & Contact

Website

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Photo: Luca Papini/Dancer: Carol Anderson

2021 HDC Supporters

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

