



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



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2021 Board of Directors

Officers

Jo-Anne La Flèche (Co-President)
Karen Sudds (Co-President)
Louis Laberge-Côté (Vice-President)
Sarah Kenny (Secretary)
Alex Thompson (Treasurer)

Directors

Andrea Downie
Nicole Inica Hamilton
Sandro Rajic
Rhonda Roberts-Smid

2023 Board Farewells

None

Cover: HDC member Natasha Poon Woo / Photography: Richard Rhyme

Message from the Presidents

As we look back at our two years of presidency, our hearts are filled with joy and gratitude to have served the Healthy Dancer Canada members throughout these challenging times. We have learned so much in that process! We take this opportunity to salute the countless pivotal contributions of our Board of Directors and members. Without the ongoing love, commitment, and expertise of these beautiful human beings, HDC could not possibly evolve and expand!

In this post-pandemic era, we continued to devote our time and resources to build a more accessible and inclusive organization for dance artists, educators, health professionals, and researchers of all origins, personal and social identities, both in Canada and beyond. We shared the role as Presidents with the same passion for the health and well-being of all dancers, and the same desire to deepen our connection with you, valued members!

In 2022, the physical and psychosocial health of the dance community remained at the heart of Healthy Dancer Canada's mandate. With our BIPOC Emerging Artist Scholarship and Mentorship program, our translated website and resources, and two Continuing Education webinars for HDC members and non-members alike, we continued to expand our reach to provide relevant educational resources and opportunities for the broad dance community. As our term comes to an end, we look forward to supporting Louis Laberge-Côté in his new role as President for 2023-24!

Wishing you continued joy and wellness in dance and in life,

Jo-Anne La Flèche and Karen Sudds, HDC Co-Presidents 2021-2022

Message des Co-présidentes

Alors que nous tournons notre regard vers ces deux dernières années de présidence, nous ressentons une profonde joie et une gratitude d'avoir pu servir les membres de *Healthy Dancer Canada*, en ces temps plutôt difficiles. Nous avons appris tant de choses au cours de cette expérience de vie ! Nous profitons de cette opportunité pour saluer les nombreuses contributions significatives du conseil d'administration et de tout le membrariat de HDC. Sans l'engagement indéfectible, l'amour de la danse et l'expertise de toutes ces personnes merveilleuses, notre organisation ne pourrait continuer d'évoluer et de croître !

En cette ère post-pandémique, nous avons continué de consacrer temps et énergie à bâtir une organisation plus accessible et plus inclusive mise au service des interprètes, des enseignant.es, des professionnel.les et des chercheurs.es en danse, de tout origine et de toute identité personnelle et

sociale, à la fois au Canada et à l'étranger. Nous avons partagé la présidence avec la même passion pour la santé et le bien-être de tous les interprètes de la danse, et avec le même désir de consolider nos liens avec vous, chers membres !

En 2022, la santé bio-psycho-sociale est demeurée au cœur des priorités de *Healthy Dancer Canada*. Grâce au programme de bourse et de mentorat destiné aux artistes émergents issues des minorités ethniques (BIPOC), au site Web et aux ressources bilingues ainsi que les webinaires gratuits pour les membres et les non-membres, nous avons poursuivi notre engagement d'étendre notre portée et de fournir des ressources éducatives et des activités de formation continue à toute la communauté de danse. En cette fin de mandat, nous entrevoyons avec plaisir l'occasion de collaborer et de soutenir Louis Laberge-Côté dans son nouveau rôle de président (2023-2024) !

Nous vous souhaitons de la joie et du bien-être en danse, comme dans la vie.

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



About HDC

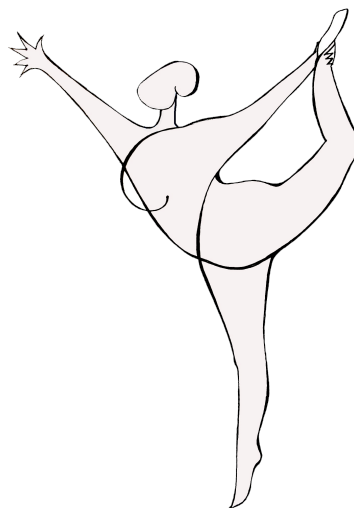
Healthy Dancer Canada- The Dance Alliance of Canada (HDC) is a federal non-profit organization. Our members, volunteers and supporters include dancers, students, dance educators, health professionals, researchers, and dance enthusiasts from across Canada and beyond, interested in collaborating to improve 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

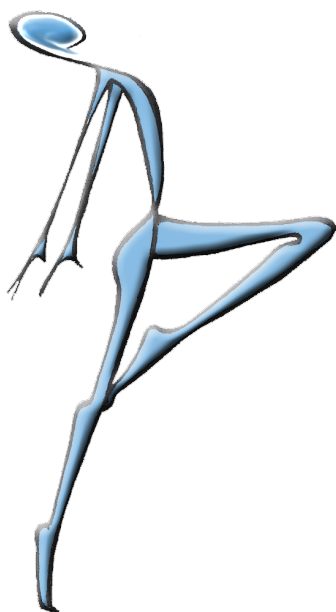
Healthy Dancer Canada's mission is to foster and facilitate communication and collaboration among the dance community, health professionals and researchers. We endeavor to enhance the health, well-being, and performance of all dancers regardless of personal and social identities, and to be the Canadian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

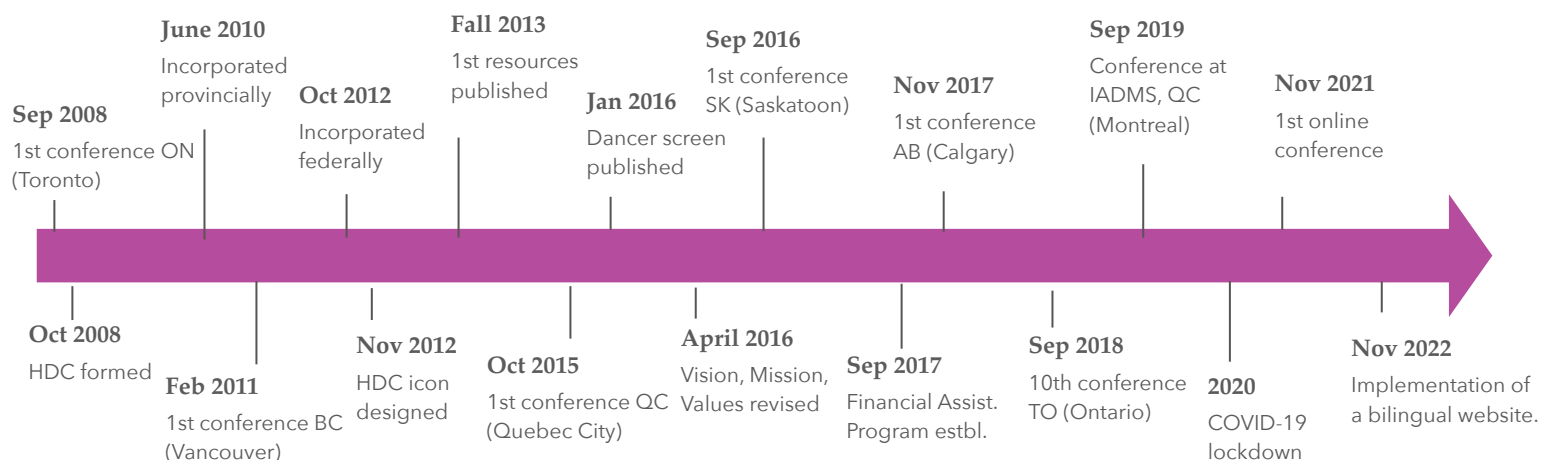


VALUES

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 initiative





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 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 icon was designed with the goal to be an inclusive representation of dancers, 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,” to represent more body types and dance forms. We also updated the HDC logo with bolder text, while preserving the original dancing icon.



Services & Membership

Healthy Dancer Canada and its members contribute to improving the health, well-being, and optimal 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 public access to research-based information about dance health, well-being, and performance. We now have 18 peer reviewed open-access resources on our English website, and 12 in French. We provide links to relevant information, events and organizations through our bilingual website, Facebook page and other social media platforms. Our Annual Conference, continuing education webinars and outreach initiatives provide dance communities across Canada and abroad with access to current information.

Financial Support

In 2022, HDC provided financial support to the dance community through paid dance performances at our annual conference totalling \$900, two BIPOC Emerging Artists Scholarships that amounted to \$1100, and a Research Award of \$300.

Member Benefits

A membership to HDC demonstrates a commitment to dancers' health and wellness. HDC members can network with other dancers, dance educators, healthcare 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 can 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 and Dance Educator Version, an archive of newsletter articles, and advance-access to all new HDC Resources.

HDC's Members

HDC now has 223 members representing dancers, dance educators, health professionals, researchers, as well as dance studios, organizations/institutions, and health clinics. Our members come from across Canada and from well beyond Canada's borders. Since 2020, membership is done through an automated registration system online. This new system has made membership registration and renewal a more streamlined process.

Committees

BIPOC Advocacy Working Group

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

Conference Committee

Karen Sudds (chair), Jamie Hawke (coordinator), Marla Eist, Bonnie Robson, Jeremy Leslie-Spinks, Ashley Parov, Maria Haralambis, Andrea Downie, and Kalyna Howell-Matwichuk

Dancer Screening Committee

Andrea Downie, Sheahan Keinick, Kiah Brubacher-Cressman, Paula Sather, Lara Haikal, Hayley Ng, and Sam Beckman

Financial Development Committee

Marlene Stirrett-Matson (Chair), Karine Rathle, and Alex Thompson (Treasurer of the Board)

Membership Committee

Meghan Critchley (Chair) and Alissa Lee, (Administrator), Bonnie Robson, and Jo-Anne La Flèche

Newsletter Committee

Louis Laberge-Côté (Coordinator)

Outreach & Communications Committee

Nicole Hamilton & Sandro Rajic (Co-Chairs), Andrea Downie (Website Coordinator), Alli George (Social Media Coordinator)

Resources Committee

Andrea Downie & Jo-Anne La Flèche (Co-Chairs)

Operations

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. With a desire to make a difference this working group was formed to create awareness and bring attention to what we could do better in HDC and the broader dance community. Our working group is five members, comprised of dance educators, and dancers. Our mission is to uplift the voices and experiences of the Black, Indigenous, and Peoples of Colour within our dance communities in Canada. We propose 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 Black, Indigenous, and Peoples of Colour community for success within Healthy Dancer Canada and the greater Canadian dance community. We use advocacy to address the structures that have displaced or prevented the BIPOC community from thriving. We aspire to change the limitations of these structures.

In 2022, our goal was to create and build our scholarship program to help improve the visibility of BIPOC artists. This scholarship was to help young aspiring artists with their personal projects, and/or serve as financial assistance as they pursue their education in the arts. The process for creating the scholarship was as follows. Our working group determined that since the artistic development of younger talent was disrupted by the pandemic, this group would need the most support going forward. Second, we developed the scholarship application and structured the requirements needed to apply. Third, HDC secured the funding for our scholarship winner, but we were fortunate to also receive a generous personal donation by KVK Athletics. This allowed us to not support one aspiring artist, but two. Once the applications were approved, we used our Outreach committee to release the information through our social media platforms. Finally, members of our working group reviewed the applications and chose the applicant we believed was right for our first scholarship.

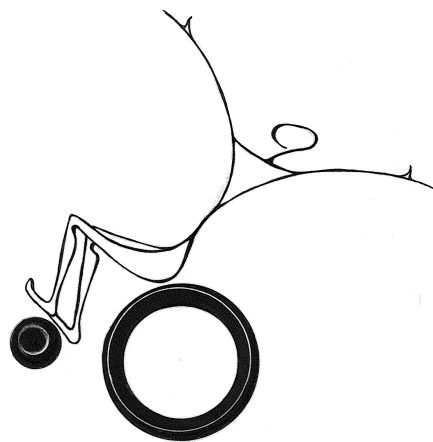
The members of the BIPOC Advocacy Working group decided it was important to speak to every single applicant so we could provide them with feedback on their application. It allowed us to virtually give them the result of the scholarship, and to see where we could assist them further. This action paved the way for the mentorship program that ultimately accompanied the scholarship program. Some of our HDC members participated in discussions with the winners of the scholarship and some of our mentors extended their discussions beyond what our working group required. This helped to foster relationships with the young performers and encouraged them to further their involvement with HDC.

In 2023, our goals are to offer another scholarship to an emerging artist and to continue bringing attention to issues that will help change the narrative of BIPOC performers, educators, and healthcare professionals. We aspire to move the conversation forward and through our advocacy, hope to see how our mission moulds into the general fabric of HDC. We have moved into the work stage of our journey and this work cannot solely rest on the backs of the BIPOC Advocacy Working group. This work should assist our committees in their choices and decisions that are being made. Our hope is these groups will essentially begin to adapt our action items into their projects, events, and evaluations. This weaving of ideology, what does this look like for HDC? This is the next phase of the working group.

Thank you to the 2022 BAWG members for their invaluable work: Rhonda Roberts-Smid (Chair), Blessyl Buan, Andrea Downie, Amber Downie-Back, Nicole Hamilton, Natasha Poon Woo.

CONFERENCE COMMITTEE

After the 2021 conference committee planned a virtual conference for the first time, the 2022 Committee selected the theme *Participation, Performance and Personal Wellness* to sustain the dance community's efforts to bounce back and grow amidst the great challenges brought on by the pandemic aftermath. The conference took place online on November 19th and 20th, and included two keynote speakers (Dr. Bonnie Robson and Starr Muranko), a total of 11 presentations, lectures, and workshops, and four performances from emerging and professional dancers based in various areas across Canada. During the conference, a Lifetime Achievement Award was given to one of our founding members, Dr. Bonnie Robson, in recognition of her invaluable contributions to dance research and mental health. This year's Research Award was given to Jenna Magrath for her study *Undergraduate Contemporary Dancers' Perceptions of Dance-Related Pain, Injury, and Fatigue*.



Thank you to the entire 2022 Conference Committee for their invaluable work: Karen Sudds (chair), Jamie Hawke (coordinator), Marla Eist, Bonnie Robson, Jeremy Leslie-Spinks, Ashley Parov, Maria Haralambis, Andrea Downie, and Kalyna Howell-Matwichuk.

DANCER SCREENING COMMITTEE

The Dancer Screening Committee brings together dance educators and healthcare professionals to develop, implement, and evaluate evidence-informed, dance-specific screening programs for improved dancer health in communities across Canada. There are two screening programs that our committee is responsible for: one is designed for dance educators, the other for healthcare professionals.

Dance Educator Screen

Key activities achieved in 2022 that facilitated the Dance Educator screening program include —

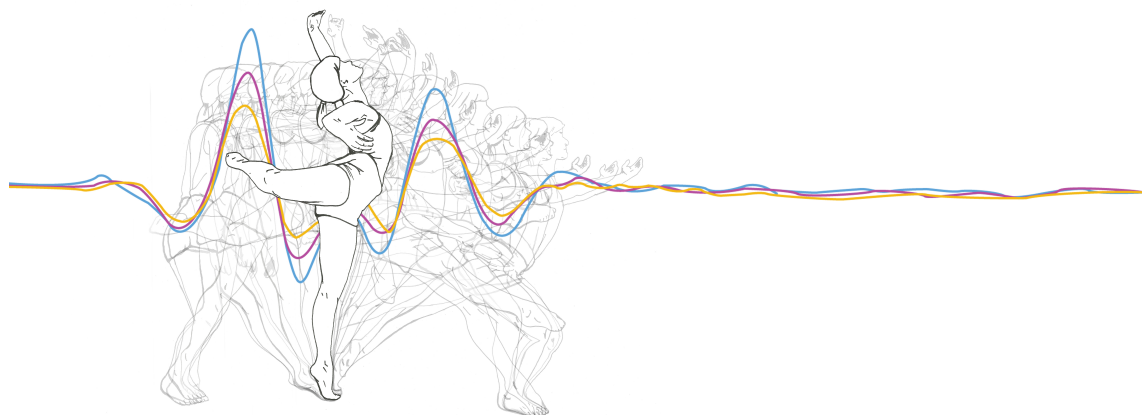
- Finalizing a **resource of recommendations for dance educators** to guide their students towards improvement after they have conducted the Dance Educator screen. Physical exercise suggestions align with screening tasks and target specific areas for development (e.g., dynamic balance, muscular strength, etc.). Support in knowing when to follow up with a healthcare professional is also provided. It is anticipated that this new Resource Paper will be available on the HDC website in 2023.
- Designing and delivering a **webinar showcasing the Dance Educator screening program** in April 2022. The purpose of the webinar was to introduce and describe the screening program, to demonstrate practical examples of included tasks, and to discuss how to implement screening into studio settings. The webinar was open to all dance educators wishing to learn more about dancer screening and a link of the recording is posted on the HDC website.
- Planning and filming **video demonstrations of relevant physical tasks** that make up the Dance Educator Screen. The purpose of these videos is to bring the photos represented in the Screening Guidelines document to life. The committee is actively working with an undergraduate practicum student from the University of Calgary who is supporting the filming and editing process in hopes of having videos posted on HDC's YouTube channel in early 2023.

Healthcare Professional Screen

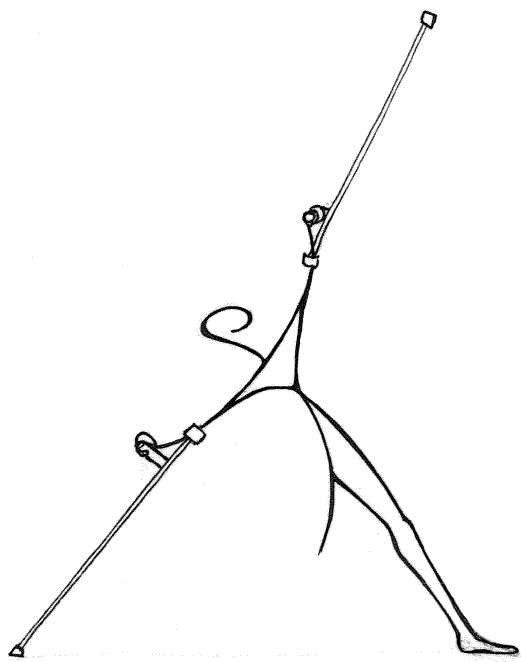
The **second edition** of the Healthcare Professional Screen is available to HDC members online. Updates to the screen reflect current best practices and available evidence. Instructional photographs have also been added to the documents.

Moving into 2023, important goals for our committee are —

1. To continue refining video demonstrations of the Dance Educator Screen for dissemination online
2. To recruit more HDC members and teacher utilization of the Dance Educator Screen
3. To work closely with the Resources Committee to plan, film, and edit video demonstrations of the Exercise Recommendations that will accompany the new Resource paper
4. To submit an abstract for a movement session of the Exercise Recommendations for presentation at the 2023 HDC conference.



Thank you to 2022 Screening Committee Co-Chairs Sarah Kenny and Erika Mayall, 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!



FINANCIAL DEVELOPMENT COMMITTEE

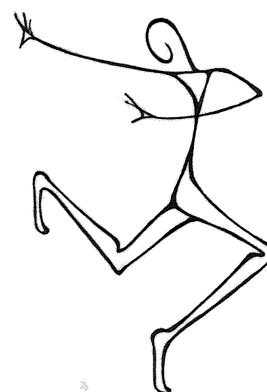
The Financial Development Committee's role is to seek relevant funding opportunities at provincial and national levels that will financially support dancer health-related projects. The Committee also completes and submits applications for funding. In 2022, the Committee was comprised of Marlene Stirrett-Matson (Chair), Karine Rathle, and Alex Thompson (Treasurer of the Board). Huge thanks to them for their invaluable work!

The Committee has continued to research grants and brought forward ideas to the Board for consideration. During the year, the Committee applied to Canada Council's Strategic Initiatives Grant program to undertake strategic planning and organizational development. A \$16,800 grant was finally approved in November, which will enable HDC to organize a two-day strategic planning retreat for the Board members and Committee Chairs to be held next Spring.

In 2023, the Development Committee will be facilitating the work of the Board of Directors throughout the Strategic Planning process. The committee is appealing to the membership for people experienced in fundraising and sponsorship to join us to see if we can seek new sources of revenue during this difficult time.

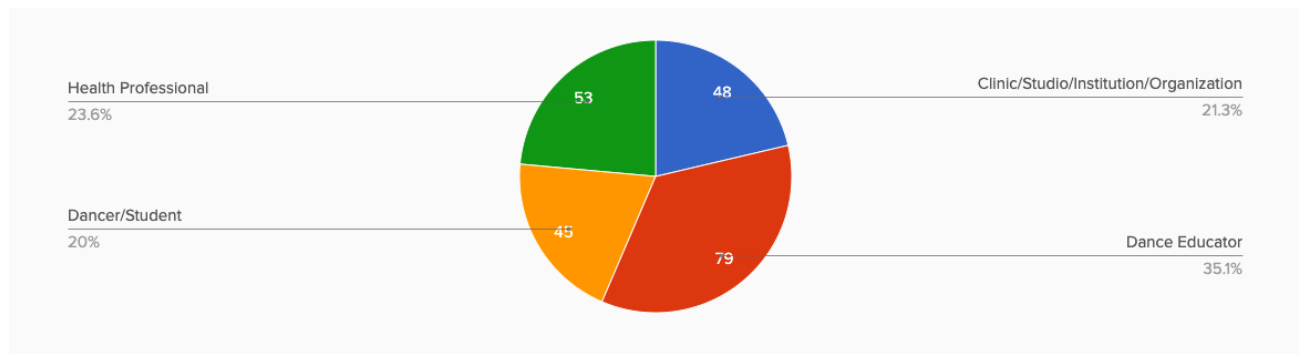
MEMBERSHIP COMMITTEE

The Membership Committee endeavors 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 2022, under the co-leadership of Chair Meghan Critchley and Alissa Lee, Administrator. We currently have 223 members and have seen an increase this year in the number of member health professionals, 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 27 new members over the last year. In 2023, we hope to continue to connect with our new members because we know all our members are valuable assets to the HDC organization.



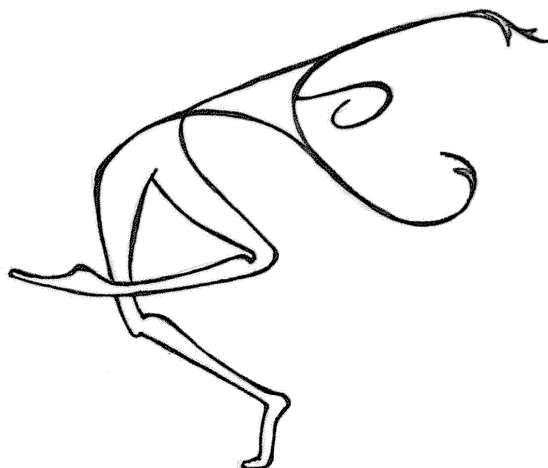
HDC's Members

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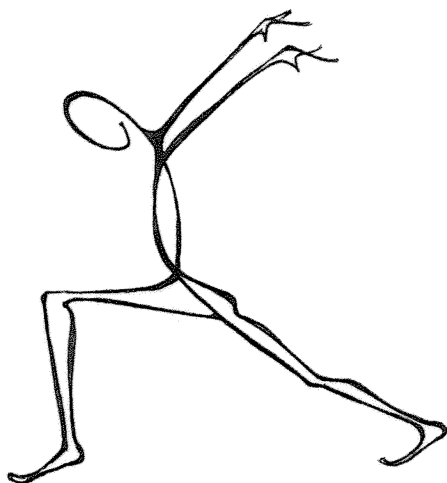
Member Demographics Survey

This year the membership committee distributed a demographics survey to our existing members to get to know who our members are! This survey helped us determine our members age, gender, ethnicity, education, spoken languages, and the dance genres they represent. We also utilized this survey to determine what areas of dancer health and wellness our membership is interested in. We look forward to collaborating with other committees to bring these areas of interest to our members.



Health Professional Credentials

We are in the process of adding questions for all our health professionals concerning what areas they are licensed to practice in. This will better serve our members who are looking for dance health professionals in their area.



No Committee meetings were held during the year, but membership work continued behind the scenes, nonetheless. In 2023, we hope to continue to connect with our new members, knowing 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.



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 offered by HDC, our members and partners. The newsletter also provides current perspectives on dance performance, health, and well-being via short newsletter articles.

We distributed four quarterly newsletters in 2022. 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 40 articles available to members in the newsletter archive.

Louis Laberge-Côté currently acts as the sole member of the Newsletter Committee. Please express your interest if you would like to join the committee. In 2023, 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 2022!

OUTREACH & COMMUNICATIONS COMMITTEE

The role of the Outreach & Communications Committee embraces three key areas:

- To present and communicate HDC initiatives and those of our partners to the general public via social media
- To promote the growth and membership of HDC
- To create a presence at nationwide events via outreach initiatives.

The 2022 Outreach Committee counts four members: Co-Chairs Nicole Inica Hamilton and Sandro Rajic, Website Coordinator Andrea Downie, and Social Media Coordinator Alli George. We express our gratitude to them for their invaluable work!

2022 Social Media Stats

Website:	620 visitors/month
Facebook Page:	1.8K followers
Twitter:	716 followers
LinkedIn:	551 connections
Instagram:	1,490 followers

During 2022, the Outreach Committee covered the following events: Dance Teacher Expo in Toronto and several RAD workshops given by HDC board members.

The website is now bilingual, ensuring a greater outreach to the French speaking dance community. Thank you Andrea Downie and Karine Rathle, for your great work on this!

We will be pursuing three goals for 2023:

1. Create clarity on where HDC is going, wants to go and where we have been
2. Create detailed business plan on next steps based on response above
3. Create presence in Canada via events.

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.

No Committee meetings were held in 2022, but work continued behind the scenes by Co-Chairs Andrea Downie and Jo-Anne La Flèche. Two free Continuing Education webinars for HDC members and non-members were given last Spring: Dancer Educator Screening (Screening Committee), and Motor Development and Dance (Dr. Donna Krasnow & Dr. Virginia Wilmerding). Upcoming webinars in 2023 will include *Self-care for the Artistic Soul* (Nicole Inica Hamilton) and *Peer Support and Networking Meet-and-Greet for Dancers*.

A document titled *Resource Publishing Policies and Procedures* has been implemented to guide future collaborators in their writing and to better inform them of the Committee's editing process. We continue to work on developing a resource in conjunction with the Dancer Screening Committee, entitled *Exercise and Cueing Recommendations*. More so, a publication proposal on *Technology and Dance Pedagogy* has recently been submitted and is in development. This resource should be published in mid- 2023.

Two resources written by Donna Krasnow and Virginia Wilmerding are now open-access for a total of 18 resources available to the general public: *A Guide to Neutral Pelvis*, *Core Support and Trunk Stabilization* and *Motor Development and the Younger Dancer*

Thanks to private donations and a grant from Heritage Canada received at the end of 2021, a total of 15 resources were translated, designed, and posted on the website early in 2022. In addition, the three member-only resources on *Performance Profiling Worksheets* have been redesigned and posted on the website.

No resource dissemination activities were undertaken by the Committee in 2022.

In 2023, we are planning to re-review and update several of our existing resources. We are expecting more exciting resources to be created. In addition, we intend to offer more Continuing Education webinars for HDC members and non-members.

The Resources Committee wishes to remember and recognize the work of committee member Eureka Nakai, who passed on April 30, 2022.



Financial Report

Healthy Dancer Canada is mostly volunteer operated, with minimal paid assistance for outreach and membership operations. For the second year in a row, an online conference was held, and membership remained steady compared to 2021. HDC received a grant in 2021 to assist with translation of the new website and our educational resources. This expense was paid in 2022. With this expense and the surplus from 2021, HDC ended 2022 with a net income of -\$7823.84 in 2022.

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, 2022:

REVENUE

Bank error correction	\$880.00
Bank rebate	\$49.99
Donations	\$587.10
Investments – Interest	\$21.16
Program Income	\$10,067.45
Sales Discounts	-\$73.18
Workshops/Outreach	\$1,469.72

Total Revenue **\$13,002.24**

GROSS PROFIT

\$13,002.24

As a percentage of Total Income 100.00%

EXPENSES

Accounting Fees	\$1,577.25
BIPOC Scholarship	\$1,100.00
Bank Fees	\$154.22
Computer - software	\$301.83
Conference Performance Honorarium	\$900.00
Conference Speaker Honorarium	\$450.00
Contract Services	\$731.00
Insurance - Event	\$248.40
Insurance - Liability	\$306.72
Legal Fees	\$238.00
Marketing	\$812.99
Membership Coordinator	\$585.00
Membership Dues	\$400.00
Membership Software	\$456.11
Office Supplies	\$100.74
Outreach Coordinator	\$441.00
Printing and Reproduction	\$1,002.61
Research Award	\$300.00
Resource Design	\$1,300.00
Translation	\$8,435.87
Uncategorized Expense	\$777.47
Workshop Contractor	\$200.00
Unrealized Loss on Foreign Exchange	\$6.87
Total Expenses	\$20,826.08

NET PROFIT **-\$7,823.84**

As a percentage of Total Income -60.17%

Connect & Contact

Website

www.healthydancercanada.org

Email

healthydancercanada@gmail.com

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

