



RECOMMENDATIONS FOR SUMMER INTENSIVE PARTICIPANTS

1. Change your dancewear frequently during the day.
2. Wear deodorant and reapply as needed.
3. Wear secure dancewear for partnering class (not high cut leotards).
4. Wash your hands before and after class.
5. Brush your teeth before classes in which you are very close to people.
6. Avoid toe nail polish so you can really see the condition of your nails.
7. Keep blisters clean and dry. A red line moving up the leg means infection.
8. Wipe down the barres and pick up all of your belongings.
9. Observe class if you are ill.
10. Shower at the end of your dance day.
11. If sharing a shower with other dancers, wear shower shoes (flip flops).
12. Let your shoes dry out and check for loose ribbons and elastics.
13. Learn how to do laundry and hand washing.