

A large, stylized red letter 'M' with wings extending from the top. The wings are composed of multiple parallel lines, giving them a feathered appearance. The 'M' is solid red and positioned centrally behind the text.

Multnomah Athletic Club

Dance Company

Handbook

2023-24 Season



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STAFF & LEADERSHIP

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If you know ahead of time that you will need to arrive late/leave early/miss a class or rehearsal OR if there is a last-minute emergency, you MUST send an email to Maria as well as any teachers related to the affected classes at your earliest opportunity. If you are not able to email, please call Maria and leave a voice message if necessary. PLEASE REFRAIN FROM TEXTING; if a text message is necessary, please be sure that the message is coming from a parent. **If a student needs to text an instructor, a parent MUST BE ADDED to the text conversation.**



VALUES, VISION, AND PHILOSOPHY

Multnomah Athletic Club Values:

- *COMMIT TO THE TEAM*
 - *CHOOSE SAFETY*
 - *ACT WITH INTEGRITY*
 - *PUT PEOPLE FIRST*
 - *EMBRACE CHANGE*
- *DELIVER EXTRAORDINARY EXPERIENCES*

MAC Dance Vision & Philosophy

The MAC Dance Company holds a strong foundation to the community surrounding it, allowing young athletes to experience a social culture mixed with an artistically athletic mentality. With every rehearsal, performance, and team event, these athletes are taught the importance of technique, dedication, and hard work. With MAC allowing many opportunities for young athletes, the Dance Company provides a unique set of individual and team goals for each athlete. The club employs instructors and choreographers that are exceptional in their field, many of whom are still working professionally. This expertise allows the dancers to learn not only the art of dance, but also the ins and outs of the professional dancing realm & help dancers navigate the world of dance be it college, professional, or personal hobby.

Through dedication to the self & the team, the goal of the program is to help each individual dancer reach their full potential and support them as they grow as well as giving each dancer opportunities to expand their abilities, artistry, and personal drive as they mature with the program.



MAC DANCE COMPANIES

<u>FULL NAME</u>	<u>SHORTENED NAME</u>
SENIOR COMPANY 1	S1
JUNIOR COMPANY 1	J1
JUNIOR COMPANY 2	J2
JUNIOR HIP HOP CREW	JRHH
SENIOR HIP HOP CREW	SRHH
TAP COMPANY	TAPCO
SMALL GROUP	SG

MAC DANCE COMPANY CULTURE

In the MAC Dance Company we strive to give your dancers the best experience possible and help them discover who they want to be, what they want to do, where they want to go in life, and how to get there. Dance is an athletic art form that combines all of the hard work & intensive training required of an athlete with the self-expression and exploration of an artist. Through dance, we learn the importance of:

- *Self Discipline*
- *Body Positivity*
- *Building Strong Bonds with Teammates*
- *Dedication, Determination, and Drive*
- *Fulfilling Obligations/Responsibilities*
 - *Contributing to the Team*
- *Accepting Victories & Defeats with Grace, Humility, and Kindness*
 - *Adapting to Ever-Changing Situations & Environments*
- *Appreciating and Respecting Our Similarities & Differences*
 - *Inclusivity and Open-Mindedness*
 - *And Much, Much More!*



SCHEDULES & CLASSES

Below are the schedules for the various companies. Please note that what you do during your designated class/rehearsal times might change pending on which part of the season we are in. When necessary, dancers may be called to additional rehearsals/classes. We will do our best to give as much notice as possible for any changes/additions to the schedule. To see the most up-to-date schedule, be sure to check the Teamsnap.

<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>SATURDAYS</u>
J1: 4:00-6:30PM	JRHH: 4:45-5:45PM	J1: 5:00-6:30PM	S1: 3:45-5:30PM	J1 (optional): 10:00-11:00AM
J2: 5:00-9:00PM	SRHH: 5:45-6:45PM	J2: 6:00-8:30PM	JRHH: 5:30-6:30PM	J2: 11:00AM-12:00PM
S1: 5:00-9:00PM	TAPCO: 6:45-7:45PM	S1: 6:00-8:30PM	SRHH: 6:30-7:30PM	S1: 12:00-2:00PM
	*ACRO/SG: 7:45-8:45PM	*SG: 8:30-9:00PM	TAPCO: 7:30-8:30PM	**ALL COMPANY: 2:00-4:00PM
			*SG: 8:30-9:00PM	

****Small Group casting/rehearsals will be announced & clarified mid-September***

ADDITIONAL REHEARSALS

On Saturdays we have an “ALL COMPANY” rehearsal block from 2:00-4:00PM. These rehearsals are designated for Nutcracker, competition pieces, Small Groups, and any other extra rehearsals needed for events. The dancers/groups needed for these additional rehearsals will be sent out at least TWO WEEKS PRIOR; if you are called to an additional rehearsal attendance is mandatory. If you are not asked to attend an additional Saturday rehearsal you are not required to be there and are free to go after your Saturday class(es) are finished.



ATTENDANCE POLICY

Dancers are expected to have consistent attendance to all classes/rehearsals to remain in good standing with the Company. All classes/rehearsals are MANDATORY the two weeks leading up to any competition or performance event. Dancers unable to maintain consistent attendance may be pulled from choreography at the discretion of the choreographer. Any potential conflicts with your schedule due to mandatory school events, religious holidays, important family events, etc., must be communicated with us directly so that we can work together to figure out the best plan moving forward.

Our goal with attendance is to establish the importance of showing up for ourselves and each other, NOT to restrict our dancers from enjoying opportunities that might exist outside of the studio.

ATTIRE

It is important that all Company Members arrive to their classes/rehearsals in the appropriate attire. When traveling to competitions or performances, all dancers should wear their MAC Dance Company uniform so that we present ourselves as a team. All company dancers will be required to purchase the MAC Dance Company uniform and are encouraged to invest in a MAC Dance Company backpack. In addition to your uniform, all dancers must have the following items (preferably with no visible logos) in their dance wardrobe:

- Camisole-styled leotard (black & flesh-toned)
 - Sports bra (black & flesh-toned)
 - Fitted athletic shorts (black)
- Briefs/no-show undergarments (flesh-toned)
 - BLOCH convertible tights (flesh-toned)

**The Dance Company defines "flesh-toned" as whatever shade is available in the required item that best matches your personal complexion.*



HAIR & MAKEUP

The MAC Dance Company prides itself on its professionalism in conduct and the way we present ourselves, and this extends to our hair, makeup, and other accessories. For competitions & performances, dancers will have a specific style for their choreographies—these will be determined after the season begins. **For classes & rehearsals, dancers are expected to maintain a clean hairstyle that does not interfere with their movements and is not a distraction in the studio.** Hair must be up and out of the face; in ballet dancers must have their hair in a clean bun when able. If you are unsure if a hairstyle is compatible with company guidelines or if you have questions about how to be doing your hair please reach out to your coaches and they will assist you. Dancers should keep an “emergency hair kit” in their dance bags complete with hair ties, pins, hair brush, hairspray/gel, and hair clips.

The topic of makeup can sometimes be difficult, especially with our younger company members. **In dance, makeup is used to accentuate the beauty that is uniquely you, not to cover it up.** Doing makeup for stage performance/film/photography is different than an “everyday look”; during the Fall the company will hold a hair & makeup workshop for all company members to go over how to do your hair & makeup properly for the performance season. Below is a list of items that are required for all company dancers:

- Blush
- Eyeliner, mascara, eye shadow
- Lipstick
- Foundation (flesh-toned)
- Fake eyelashes (for J2 and S1 only)

MAC Dance Company will host a “Hair & Makeup” Workshop for dancers & parents/guardians—Date/Time TBA



YEAR AT A GLANCE

Below is a tentative schedule of events for the season. Please note: some of these events may be adjusted and others may be added after the season begins. The coaches will give you as much advance notice as possible when these adjustments happen. If you have any questions/concerns/conflicts with the events listed, please reach out to your coaches immediately in order to discuss a game plan.

2023-24 MAC Dance Company // Events List

EVENT NAME	DATE/TIME	LOCATION	EVENT NOTES
2023-24 Season Kick Off!	Saturday, September 9th, 2023 // 12:00-2:00 PM	The MAC // Ainsworth Room	MANDATORY: All companies & parents/guardians
First Day of Class/ Rehearsal	Monday, September 11th, 2023	The MAC	MANDATORY: J1, J2, S1
Team Bonding Event: TBD	Saturday, September 30th, 2023	TBD	REQUIRED: All Companies
Sing-A-Long, "Nightmare Before Christmas"	Friday, November 3rd, 2023 // 5:30-8:00 PM	The MAC // Main Ballroom	MANDATORY: J1, J2
Team Bonding Event: White Bird Performance	Saturday, November 4th, 2023 // 7:30 PM	Lincoln Hall PSU	REQUIRED: All Companies
Holiday Open House / Tree Lighting Performance	December 2023	The MAC // TBD	MANDATORY: TAPCO
December Fashion Show	December 2023	The MAC // TBD	MANDATORY: JRHH, SRHH
Nutcracker Tea Dress Rehearsal	Friday, December 8th, 2023	The MAC // Main Ballroom	MANDATORY: All Companies (dancers not in Nutcracker are excused from this event)



EVENT NAME	DATE/TIME	LOCATION	EVENT NOTES
Nutcracker Tea Holiday Performance	Saturday, December 9th, 2023	The MAC// Main Ballroom	MANDATORY: All Companies (dancers not in Nutcracker are excused from this event)
Children's Holiday Party	Sunday, December 10th, 2023	The MAC// Main Ballroom	MANDATORY: All Companies
Team Bonding Event: MAC Dance Company Holiday Party	Sunday, December 10th, 2023	The MAC// TBD	REQUIRED: All Companies
MAC Dance Company Rally	Wednesday, January 17th, 2024// 5:00 PM	The MAC// Studio 2	MANDATORY: All Companies
Competition/ Convention: NYCDA	Friday, January 19—Sunday, January 21st, 2024	Hilton Vancouver// Vancouver, WA	MANDATORY: J1, J2, S1 (J1 Convention Only)
Competition/ Convention: Hollywood Connection	Friday, March 8th—Sunday, March 10th, 2024	Hilton Vancouver// Vancouver, WA	MANDATORY: All Companies
Competition/ Convention: ANDE	Saturday, April 6th, 2024	Parkrose High School// Portland, OR	OPTIONAL: All Companies (only specialties are eligible for competition)
Competition/ Convention: Spotlight Dance Cup	Friday, April 12th—Sunday, April 14th, 2024	Mt. Hood Community College// Gresham, OR	MANDATORY: All Companies
MAC Dance Recital Dress Rehearsal	Friday, June 7th, 2024	Lincoln High School Auditorium	MANDATORY: All Companies
MAC Dance Recital (Mini & Main)	Saturday, June 8th, 2024	Lincoln High School Auditorium	MANDATORY: All Companies
MAC Dance Company Show	Saturday, June 8th, 2024	Lincoln High School Auditorium	MANDATORY: All Companies



EVENT NAME	DATE/TIME	LOCATION	EVENT NOTES
MAC Dance Company Awards & Celebration	Sunday, June 9th, 2024	TBD	REQUIRED: All Companies
NATIONALS REHEARSALS	June 2024	The MAC	MANDATORY: All Companies
NATIONALS: <i>Hollywood Connection</i>	Saturday, June 29th—Saturday, July 6th, 2024	Town and Country Resort // San Diego, CA	MANDATORY: J1, J2, S1
NATIONALS: <i>Spotlight Dance Cup</i>	Friday, July 12th—Friday, July 18th, 2024	Seaside Convention Center // Seaside, OR	MANDATORY: J1, J2, JRHH
OPTIONAL EVENTS	DATE/TIME	LOCATION	EVENT NOTES
<i>Monsters of Hip Hop</i>	Friday, January 5th—Sunday, January 7th, 2024	Hilton Vancouver // Vancouver, WA	OPTIONAL: JRHH, SRHH (convention only, no competition)
<i>Tremaine Dance</i>	Friday, February 16th—Sunday, February 18th, 2024	Hilton Vancouver // Vancouver, WA	OPTIONAL: All Companies (only specialties are eligible for competition)
<i>JUMP</i>	Friday, March 1st—Sunday, March 3rd, 2024	Oregon Convention Center // Portland, OR	OPTIONAL: All Companies (only specialties are eligible for competition)
<i>Velocity</i>	Friday, March 22nd—Sunday, March 24th, 2024	Hilton Vancouver // Vancouver, WA	OPTIONAL: All Companies (only specialties are eligible for competition)
<i>RADIX</i>	Friday, May 10th—Sunday, May 12th, 2024	Oregon Convention Center // Portland, OR	OPTIONAL: All Companies (only specialties are eligible for competition)



OPTIONAL EVENT SIGN-UP

Dancers in all companies (J1, J2, S1, JRHH, SRHH, TAPCO) are eligible to sign-up for any optional events that have a convention component. Dancers with a specialty choreography (solo, duet/trio) interested in competing must get approval from the Head Coach. Below are the sign-up deadlines:

EVENT	DATE	SIGN-UP DEADLINE	EVENT NOTES
<i>Monsters of Hip Hop</i>	JAN 05—07, 2024	OCTOBER 1ST	Convention Only
<i>Tremaine Dance</i>	FEB 16—18, 2024	NOVEMBER 1ST	Convention & Competition
<i>JUMP</i>	MAR 01—03, 2024	DECEMBER 1ST	Convention & Competition
<i>Velocity</i>	MAR 22—24, 2024	DECEMBER 1ST	Convention & Competition
<i>RADIX</i>	MAY 10—12, 2024	JANUARY 1ST	Convention & Competition
<i>NYCDA NATIONALS (PHOENIX)</i>	JUL 14—20, 2024	FEBRUARY 1ST	Convention & Competition

PARENT/GUARDIAN AGREEMENT: 2023-24

As MAC Dance Company parents/guardians, we are a community that cares about responsibility, commitment, and respect for others. We support our dancers within and outside the club through positive actions, encouragement, and inclusiveness. As a parent/guardian, I know that my choices make a difference, and I am accountable for my own words and actions. I will ensure that my dancer arrives at the studio ready to work and I know that their coaches & instructors will do the same. I will respect staff, other parents and the MAC's facilities and voice concerns constructively. I understand that violating the MAC's code of conduct or the expectations outlined above may result in my dancer's removal from the MAC Dance Company.

PARENT SIGNATURE: _____ **DATE:** _____

Dancers may not participate in competitions as independent entries or representatives of any other studio but MAC. This rule applies only to designated competitions that the MAC participates in. Staff encourage dancers to explore other competitions throughout the country as an independent entry. Please reach out to the respective coaching staff with questions/concerns.



COSTS & FEES

The monthly cost of the MAC dance program encompasses the dancer’s studio time for rehearsals and classes. These fees are calculated as an annual value and broken up into two monthly installments. Below are the associated fees for monthly commitments along with additional seasonal fees. Each family is required to pay all two installments unless a major injury occurs, or the family moves away from the MAC. No refunds or credits are given unless otherwise approved by the Head Coach and Gymnastics & Dance Manager. From January to April, other fees are assessed for makeup, costumes, uniforms, competition registration and other unforeseen fees.

COMPANY	FEE	COMPANY DURATION
J1		11 Months//September 2023- July 2024
J2		11 Months//September 2023- July 2025
S1		11 Months//September 2023- July 2026
JRHH		11 Months//September 2023- July 2027
SRHH		11 Months//September 2023- July 2028
TAPCO		11 Months//September 2023- July 2029
SG		11 Months//September 2023- July 2030

VOLUNTEER EXPECTATIONS

Parents/Guardians have a great opportunity to enrich their dancer's experience on the team! MAC Dance needs the support of parent/guardian volunteers to help elevate the athletic experience of the dancers in the program and provide support for program activities. This can be accomplished by volunteering to help with events, hosting team building activities, coordinating costumes, and much more. Dance Boosters help organize, coordinate, and communicate volunteer needs throughout the season. It takes a village to ensure that athletes have a great time in and out of the studio and the organization expects that all families volunteer this season. Each family will be required to provide at least 4 hours of volunteer support. You may opt out of volunteering by providing a \$100 stipend (billed through your MAC Account). Funds will be used to support and/or staff team or booster sponsored events.



COMMUNICATION

Communication is key! The team values communication and continues to do their best to make sure that each parent/guardian is informed of scheduling changes, upcoming events, fees and the like. MAC Dance's expectation is that communication is open and timely from parents/guardians regarding scheduling conflicts, questions, and feedback. Coaches are happy to help answer questions throughout the season via email or by phone. Please expect a reply within two business days to any inquiry. Please respect each coach's time and effort by keeping all texts and phone calls to personal cell phones for emergency purposes only. Staff only respond during regular business hours unless they are traveling with the team. TeamSnap is a great tool used to communicate globally to dance companies. Email and alert settings should be up to date. It is an important part of ensuring that everyone receives all communication from staff. The following are the consistent communication channels that are used this season:

TEAM SNAP: Used for Weekly schedules, Team Rosters, Contact Information, Event Alerts, and General Team Announcements.

EMAIL: The primary system for personal communication with parents/guardians & dancers throughout the season.

MOBILE PHONE: Only to be used as a means for emergency contact for coaches and communication while touring/traveling.

Parents/Guardians have a vastly different and unbelievably valuable perspective on their dancer's experience on the team. Coaches and staff have valuable insight into the industry, MAC's operations, and professional dancing. The partnership between parents/guardians and coaches in any sport is paramount to the overall success for athletes. The team asks that parents/guardians leave the coaching to the coaches. Staff invite parents/guardians to ask questions for clarification regarding their dancer's training, however, undermining the techniques, styles, and approaches provided by our instructors not only damages the overall effectiveness of the team but ultimately the athletic experience of the dancer. **Whether you're a parent/guardian or a coach/instructor, we all have the same goal: to ensure that your dancers have the best experience possible and to get them where they want to be, both inside & outside of the studio!**



ATHLETIC & PARENTAL/GUARDIAN EXPECTATIONS

Athletes are expected to:

- *Strictly abide by the Athletic Code of Conduct and all MAC Dance Policies.*
 - *Be ready for practice on time.*
- *Be courteous and respectful to coaches, teammates, and fellow competitors.*

Parents/Guardians are expected to:

- *Strictly abide by the Athletic Code of Conduct, MAC Member Policies, and all MAC Dance Policies while at competitions or inside the club.*
- *Positively support and encourage their athletes regardless of performance and leave the coaching to the Coaching Staff.*
 - *Communicate to coaches with questions and concerns.*
 - *Commit to the 11-month sport team fee contract.*
 - *Adhere to the parent agreement.*

Athletic Code of Conduct:

The Athletic and Dance Committees have adopted the following code of conduct:

- *While competing at any venue, play fairly and encourage fellowship among peers, competitors, and MAC members.*
- *Treat each other, competitors, guests, instructors, judges, staff, and every other individual involved with the event in some form with dignity and respect.*
 - *At all times, whether as competitors or spectators, conduct oneself in a sportsmanlike manner. Any other behavior is not tolerated and will be address at the discretion of the Head Coach.*

Any act that is reasonably considered offensive by accepted community standards is a violation of the MAC Athletic Code of Conduct.



ATHLETE PROTECTION POLICIES

MAC Dance has adopted the *Minor Athlete Abuse Prevention Policies* as set forth by the US Center for Safesport. To ensure the safety of our athletes, all coaches and interacting adults within the program are SafeSport Certified. SafeSport training refers to the “Core SafeSport Training” created and offered by the U.S. Center for SafeSport consisting of three modules: (1) Sexual Misconduct Awareness Education, (2) Mandatory Reporting, and (3) Emotional & Physical Misconduct. Coaches and staff are also required to take “refresher” courses annually once they’ve completed the Core SafeSport Training.

PART I - EDUCATION & TRAINING POLICY

A. ADULTS REQUIRED TO COMPLETE MANDATORY TRAINING

Multnomah Athletic Club requires the following individuals to complete training provided by the U.S. Center for SafeSport (“Center”):

1. Adult athlete members of Member Clubs, except Short Term Athlete Members due to their limited participation and those Master Athletes who do not (I) have regular contact with minor athletes, or, (II) have authority over minor athletes
2. Adult members (who are not athletes) of Member Clubs who i) have regular contact with athletes or ii) have authority over athletes
3. Employees and Board Members of Member Clubs
4. Individuals providing services to Member Clubs, including but not limited to contractors, volunteers, interns, who have regular contact with athletes or have authority over athletes

Athletes who become 18 years of age during the upcoming membership year, complete the U.S. Center for SafeSport training on or before their 18th birthday, provided that such athletes under 18 have the consent of their parents or legal guardians.

B. CORE CENTER FOR SAFESPORT TRAINING

The individuals listed in Part I, Section A 1-4 are required to complete training concerning child abuse prevention. Training other than Core Center for SafeSport Training does not satisfy this policy.

C. REFRESHER COURSES

A “Refresher Course” is required on an annual basis, and must be completed before July 1st, immediately subsequent to the one-year anniversary of the completion of the Core Center for SafeSport Training or the most recent refresher course, for each of the individuals listed in Part I, Section A 1-4.



PART I - EDUCATION & TRAINING POLICY (cont.)

D. *MINOR ATHLETES WHO BECOME ADULT ATHLETES*

With the exception of athletes who are members of the same team, Minor Athletes who reach the age of majority (i.e., 18 years of age) must adhere to the provisions found in the Minor Athlete Abuse Prevention Policies when interacting with minor athletes who are 14 years of age or younger. For the purposes of these Policies the “same team” is intended to include athletes who regularly train and compete together in the same sport. Minor Athletes who reach the age of majority and then obtain a position of authority that presents a power imbalance, such as becoming a coach or official, must also comply with these Policies regardless of the age of the minor athlete with whom they interact.

PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS

The majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interactions between children and adults, programs reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing space for these beneficial relationships.

E. *ONE-ON-ONE INTERACTIONS*

1. APPLICATION

This policy shall apply to:

- a. Adult members at a facility that is either partially or fully under the authority of Dance.
- b. Adult members who have regular contact with amateur athletes who are minors.
- c. An adult authorized by Dance or Member Club to have regular contact or authority over an amateur athlete who is a minor.
- d. Adult Staff of Dance or a Member Club
- e. Any other “Applicable Adults” for the purposes of this policy.



PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS (cont.)

F. OBSERVABLE AND INTERRUPTIBLE

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the organization's authority are permitted if they occur at an observable and interruptible distance by another adult. One-on-one interactions between minor athletes and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the organization's authority are prohibited, except in the circumstances described in the subpart of this section and under emergency circumstances.

1. MEETINGS

Meetings between Applicable Adults and minor athletes at a facility partially or fully under the organization's authority may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult. Chair lift rides and gondola rides with an Applicable Adult and a minor athlete are allowed under this policy. If a one-on-one meeting takes place in an office, the door to the office must remain unlocked and open. If available, it occurs in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

2. MEETINGS WITH MENTAL HEALTH CARE PROFESSIONALS/ HEALTHCARE PROVIDERS

If a mental health care professional and/or health care provider meets with minor athletes at a facility partially or fully under the organization's jurisdiction, a closed-door meeting may be permitted to protect patient privacy provided that:

- a. the door remains unlocked
- b. another adult is present at the facility
- c. the other adult is advised that a closed-door meeting is occurring
- d. written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy provided to Dace or the applicable Member Club. Your consent may be given via email or text, when necessary.

Consent may be provided at the beginning of each season provided that the professionals and health care providers are specifically named in the consent. Consent is not required in the event of an emergency and the parents or legal guardian cannot be contacted timely and the athlete is deemed to need immediate medical/mental health attention.



PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS (cont.)

G. INDIVIDUAL TRAINING SESSIONS

Individual training sessions between Applicable Adults and minor athletes are permitted at a facility partially or fully under the organization's authority if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor's legal guardian in advance of the individual training session if the individual training session is not observable and interruptible by another adult. Such permissions for individual training sessions that are not observable and interruptible by another adult, must be obtained at the beginning of each season. Parents, guardians, and other caretakers must be allowed to observe the training session.

H. LOCKER ROOMS, RESTROOMS, AND CHANGING AREAS

This policy shall apply to:

1. Adult Members at a facility that is either partially or fully under the authority of Dance or a Member Club
2. Adult Members who have regular contact with amateur athletes who are minors
3. An adult authorized by Dance or a Member Club to have regular contact with or authority over an amateur athlete who is a minor
4. Adult Staff and Board Members of Dance or a Member Club, collectively "Applicable Adults" for the purposes of this policy.

I. NON-EXCLUSIVE FACILITY

If Dance or a Member Club uses a facility not fully under its authority (for e.g., training or competition or similar events) and the facility is used by multiple constituents, Applicable Adults are nonetheless required to adhere to the set of rules set forth herein.

J. USE OF RECORDING DEVICES

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under our organization's authority is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by Dance or an applicable Member Club, and two or more Applicable Adults are present.



PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS (cont.)

K. UNDRESS

Under no circumstances shall an unrelated Applicable Adult at a facility under Dance or a Member Club's authority intentionally expose his or her breasts, buttocks, groin, or genitals to a minor athlete.

L. ONE-ON-ONE INTERACTIONS

Except for athletes on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area when at a facility under the partial or full authority of Dance or a Member Club, except under emergency circumstances. If Dance or a Member Club is using a facility that only has a single locker room or changing area, the organization designates separate times for use by Applicable Adults, if any.

M. MONITORING

Dance and Member Clubs regularly and randomly monitor the use of locker rooms and changing areas at facilities under their respective jurisdictions to ensure compliance with these policies.

PART III - REPORTING

The Center handles ALL reports of sexual abuse within the U.S. Olympic and Paralympic Movements. Make a report to the Center if there is a reasonable suspicion of sexual misconduct such as child sex abuse, non-consensual sexual conduct, sexual harassment, or intimate relationships involving an imbalance of power. All reports of child abuse or sexual assault of a minor must also be reported to local authorities (Police or Child Welfare Office). Reports of abuse not involving a minor may also be reported to local authorities.

SafeSport Helpline:

866.200.0796

Report Suspected Violations of Sexualized Conduct:

www.safesport.org/report-a-concern

