

## **Student Health and Wellness**

### Health Insurance

Neither the University nor the School of Dance can require a student to have health insurance, although it is *very strongly recommended*. If a student is not covered by a parents' insurance policy, the student is encouraged to take advantage of the affordable coverage offered by the University.

Please seek insurance coverage with an orthopedic rider that is accepted by Utah doctors and clinics. This is especially important since neither the School of Dance nor the University covers any expenses related to any accident or injury.

### University Health Program

You can find more information on the University of Utah health program at:

[www.studenthealth.utah.edu](http://www.studenthealth.utah.edu) or call 801-581-6431

Or you may call or visit:

Office of Health Promotion

555 Foothill Blvd. Madsen Health Center, Level 1,

Salt Lake City, UT 84112

801-585-1274

The University Health Program office can assist you in applying for insurance coverage or locating a physician you can visit for illness or injury.

The University of Utah Sports Medicine Outreach Program provides free services to students enrolled in the School of Dance. Services include injury prevention, clinical evaluation, limited treatment and rehabilitation. Certified and student Athletic Trainers perform these services. If necessary they have direct access to Physicians at the University of Utah Orthopedic Center (this extended treatment requires health insurance or very high out-of-pocket costs).

Walk in:

M-F, 1:00-5:00 PM

Sports Medicine Education Research Complex (SMERC)

HPER East 203 F

Contact:

Megan Pales, Head Athletic Trainer, Sports Clubs, Dance &

Ballet 801-585-3244

[megan.pales@utah.edu](mailto:megan.pales@utah.edu)

Any student who has a chronic health or injury problem may find the Ballet major curriculum too physically demanding. However, if the student still wishes to major in Ballet, the student must inform the Ballet Program Coordinator of the nature of the health problem as soon as possible and the Coordinator will then take the matter to the full faculty for discussion and to create a realistic plan for graduation based on the individual student. It may occur that the plan presented to the

student is to change majors if the student is not physically able to accomplish Ballet Program requirements for graduation. Some of these requirements are mandated by the accrediting agency for the School of Dance, The National Association of Schools of Dance. The student will be immediately informed of the faculty's advice and will be asked to meet with one of the Academic Advisors for the School of Dance.

### Ice

An ice machine with crushed ice is available for the treatment of chronic and acute injuries after the last class of the day. If you need ice from the therapy room, Room 26, please use the scoop to get ice out of the machine and close the lid when you're finished; otherwise the machine will malfunction. The ice in this machine is made from soft water and has a high salt content. Please do not eat this ice. Using the scoop prevents bacteria from sweaty hands getting into the ice machine. Please ice only AFTER a movement class, not before. *If you are planning on dancing within 30 minutes, **do not use ice***

### Pilates/Conditioning Equipment

We are fortunate to have Pilates conditioning reformers and other equipment housed in room 26, located across from the entry area for studios 20 and 40 shared with the students in the Modern Dance Program. In order to be trained on the use of this equipment, please enroll in Ballet 3300, Pilates: Reformer. Once you have been enrolled in this class and given a program of exercises that you can execute correctly, you may use the equipment unsupervised for your workouts. The reformers are expensive and very specific training apparatus, students **must** have taken the Pilates Reformer class or complete a Student Request Form noting prior training before using any of the equipment.

The George S. Eccles Student Life Center opened January 12, 2015, replacing the Einar Neilsen Fieldhouse for student recreation, sports and weight training. Located adjacent to the HPER, this state-of-the-art building houses multiple gymnasiums, climbing walls, an indoor pool and large areas for cardio and weight training. The 172,000-square-foot facility also houses a meeting space for students and food services, and will be the new home for the Outdoor Adventure Program. Currently enrolled students have free use of this facility.

### Expectations for General Health & Physical Condition

While professional ballet companies may select dancers based upon their physical appearance (height, body-type, muscle definition) these issues are not critical to student success in the Ballet Program. All students, however, must be healthy and strong enough to complete the rigors of technique classes, although some accommodations may be made. For instance, female dancers who have physical limitations making it difficult to execute pointe work or be partnered may be given alternate combinations in partnering classes and Instructors may give alternate lifts to those students. Similarly, male dancers who are not physically strong enough or technically advanced enough to complete certain lifts will be given alternate combinations and lifts at the Instructor's discretion.

Ballet majors are expected to maintain physical conditioning over the summer months and return ready to work each new academic year. The Ballet Program recommends maintenance of

technique classes, a well-balanced diet, and some type of fitness and/or conditioning program. Such a routine will help students continue to progress as ballet dancers and will afford the opportunity for the students' bodies to recover from the demands of the academic year through cross-training and other physical activities.

Nutritional counseling and educational programs are in place to assist students in achieving and maintaining optimum physical conditioning. If students wish to talk to one of these professionals about matters such as a healthy weight for ballet, issues with eating patterns, and/or physical strength and conditioning programs, there are many resources on campus:

- PEAK Health and Fitness at [peakfitness@hsc.utah.edu](mailto:peakfitness@hsc.utah.edu) or (801-585-7325) PEAK provides nutrition counseling, measurement of calorie needs using resting metabolic rate, individual training programs to achieve a performance weight, strength conditioning, cardiovascular and endurance training. Group fitness classes are also available.
- Nutrition Clinic at PEAK Health <http://healthcare.utah.edu/nutritionclinic/> (801-581-5417) PEAK Health & Fitness offers comprehensive nutrition assessments and a variety of counseling services. We provide the information needed to make wise choices about healthy eating, weight management, specialized clinical diets, and eating to enhance athletic performance.  
(<http://healthcare.utah.edu/nutritionclinic//personal/Sport%20Nutrition.html>).
- Student Health Services at [www.studenthealth@utah.edu](http://www.studenthealth@utah.edu) or (801-581-64310) The doctors, physician assistants and nurse practitioners at Student Health Services are experienced in assisting students with a wide range of health issues including weight health. The Student Health Service is located on the University Campus at 555 Foothill Blvd., Level 1, Wasatch Clinic building. Clinic hours are from 8:00 AM to 5:00 PM. Appointments can be made by calling 801-581-6431.
- Wellness Connection <http://wellness.utah.edu/> (801-581-7776) The Center for Student Wellness is your portal for information, resources and solutions for wellness-related issues. We offer one-stop shopping vs. searching all over campus for available resources. We want to help you be successful here at the U and in all aspects of your life. If we don't have what you are looking for, we will connect you with someone that does.
- Counseling Center at <http://counselingcenter.utah.edu> 801-581- 6826. The University Counseling Center is staffed by professionals from counseling and clinical psychology, social work, psychiatry, and advanced trainees in these disciplines. Services are available to students, faculty and staff for career development, personal counseling, learning enhancement programs, couple/family/premarital counseling, outreach and consultation, testing services, crisis intervention, University Tutoring Center, and classes for credit.
- Women's Resource Center at <http://womenscenter.utah.edu> (801-581-8030) The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women.
- The LGBT Resource Center at <http://lgbt.utah.edu> (801-587-7973) The LGBTQ Resource Center provides a comprehensive range of education, information and advocacy services, and works to create and maintain an open, safe, and supportive environment for LGBTQ students, staff, faculty, alumni, and the entire campus community.

## Injury and Illness:

The health and wellbeing of our students is of great concern to the faculty. We encourage healthy lifestyle choices and are anxious to support the recommendations of medical professionals.

When a student seeks medical treatment for an injury or illness that affects their performance in class, the student must inform the instructor(s) and Ballet Program Coordinator by email and/or in person of the nature of the injury/illness and the Doctor recommended treatment protocol as soon as possible. The sole purpose for this notice from the student is to prevent an instructor from inadvertently asking a student to do something the student's medical professional has advised against.

While instructors take every precaution to avoid student injuries in class or in performance, injuries do occur and require immediate attention. Please inform your instructor immediately if you are injured during a class so that required paperwork may be completed and the student referred to the appropriate care facility. A qualified physician should examine any injuries as soon as possible after they occur.

Some injuries may require ambulance transport to the hospital. The faculty and/or staff will determine if 911 needs to be called. With the student's permission, a School representative will call the designated family or friends as listed on the student information sheet.

If you suffer an injury outside of class, please seek treatment promptly and inform your instructors.

If illness and/or injury limits the student's ability to participate in class, rehearsal or performance, the student will ask their doctor to provide a brief outline of the plan for recuperation and recommendations, if any, for limited activity in classes and rehearsals. The student will then submit a Student Request Form with the Doctor's recommendations attached so that it may be processed through the Department channels and necessary accommodations provided. Under no circumstance does the School of Dance condone a student dancing or performing against medical advice, or taking medication to mask pain in order to dance or perform against medical advice. Doing so can lead to more serious injury and places the student's future career at risk.

If a student is ill or injured and cannot participate in technique class, yet is able to attend class, the student may observe that class and receive partial credit for attendance – please see individual syllabi for specific details. In all instances the student must inform the Instructor prior to the beginning of class of their inability to fully participate that day. If a student has an illness that is contagious (i.e. cold, flu, etc.) the student is asked to stay home.

If an injury or illness prevents a student from full participation in class for an extended period, the policy is as follows:

- Reduction in Credit

If a student's documented illness or injury results (or will result) in the student missing or being unable to fully participate in more than 30% of a technique class (equivalent to 5 weeks), the student may petition for course credit reduction. The student may receive partial credit as low as 1 credit. Under university regulations, "the intent of this policy provision on course credit reduction is to let the grade reflect the quality of work--and the credit earned reflect the quantity of work completed in this type of course... The deadline for making the adjustment corresponds with the last day of classes prior to final exams." Reg. 4-100 (III)(G)(8). <http://www.regulations.utah.edu/academics/6-100.html> Please note: In order to receive reduced credit, the student must submit a request to the Ballet Program's Student Request Committee accompanied by a doctor's note.

*Course Credit Adjustment Form:* Accommodations for injury, illness, or special circumstance in the form of reduced credit must be dealt with through the Student Request Committee. Once the Student Request Committee has approved a reduction of credit, it is then the student's responsibility to complete the Course Credit Adjustment Form (available in the School of Dance office), have it signed by the instructor, and take it to the Dean's office at least one week before the last day of classes. Reduction of credit is allowed only in technique courses. See the Chair of the Student Request Committee for specific details.

- Medical Withdrawal

If the student is unable to fully participate in at least 50% of a class, the student may petition for a medical withdrawal from the class based on a "compelling, non-academic emergency." Reg. 4-100 (III)(G)(5). The student must complete a Petition for Consideration of Exception to the Withdrawal Policy form, which is on the Registrar's website:

<http://registrar.utah.edu/pdf/exception-to-policy.pdf>. This Petition, together with letters from the student and from the Director of the School of Dance and documentation from the student's doctor must be submitted to the College of Fine Arts Dean's Office by the last day of classes for the term. The university withdrawal policy may be found at:

<http://registrar.utah.edu/handbook/withdrawal.php>. Any student who is withdrawing for medical reasons may also wish to petition Income Accounting for reimbursement of tuition. The student may discuss this option with Liz Leckie, Assistant Dean for Student Affairs in the College of Fine Arts.

In the event of a Reduction of Credit and/or Medical Withdrawal, the student must consult with the School of Dance Academic Advisors and the Ballet Program Coordinator to develop a course of action to earn the missing credits. The student will then submit the plan to the Student Request Committee for approval and official record of the plan in the student's file. The Academic Advisors will also add the plan to the student's electronic advising profile.

- Supplemental Credit Guidelines:

Students often take the opportunity to register for college credit for technique and other courses they take at credible professional summer workshops such as the Ballet West Summer Intensive, American Ballet Theatre, or the Utah Ballet Summer Intensive, etc.

Students may use any earned credits for supplemental elective hours in the Ballet Program and may also complete a Student Request Form to have up to 6 credits of Technique and 2 credit of Pointe or Men's class considered as substitute credits for missing Ballet credits. An approved Student Request would then be forwarded to the College Academic Advisors who can make the approved adjustments in the DARS.

- Leave of Absence

Link to information regarding the University's Leave of Absence policy:

<http://advising.utah.edu/topics/leave-of-absence.php>

For a leave of absence from the Ballet Program, a request should be submitted through the Student Request Committee.