

Appendix F
School of Music, Theatre & Dance
Department of Dance
Injury/Illness Policy

University of Michigan Department of Dance Illness and Injury Policy 2020

Communication:

Communication with your teachers in the case of injury or illness is required if it impacts your participation in a class. Absences due to illness or injury with a note from a health care professional are considered excused absences. Your teachers strive to support you in your recovery. When absent, please notify your teacher, if at all possible, prior to the class. Failure to communicate with your teacher about your absences will result in your absences being unexcused. If you feel ill or become injured during a class, please inform your teacher.

Injury Report:

If an injury occurs within a Department of Dance course, an **Injury Report** form must be submitted within 24 hours to the Department Administrator. Follow up on injuries promptly, seeking treatment at the University's Health Center, MedSport, or with other health care professionals. Injury Report forms can be found in the Dance Building hallway.

If Infectious:

If your illness is infectious, please stay at home and do not spread germs and illness, but do be sure to contact your instructor, prior to the class, to inform them of your absence.

Modifications:

Please discuss with your health care professionals any recommendations they might have for modifying your participation in dance classes while you recover, and then share this information with your dance teachers. Your dance teachers will then work with you to develop a plan for make-up and alternative work as necessary. This allows you to be proactive in your rehabilitation and recovery.

Alternative Work:

Depending upon the length and extent of your injury or illness and the timing within the semester, other accommodations may be made with your teachers in consultation, as appropriate, with the Office of Services for Students with Disabilities (SSD). You and your teacher will develop a plan for alternative work that supports your healing process and empowers you with more knowledge, providing other valuable modes of learning. Each teacher may have a different approach to developing alternative assignments. When sitting out of a class, you may be asked to comment upon the work being done in class from your perspective as an engaged observer, and you may be expected to take detailed observation notes and submit these to your teacher. Other alternative work assignments may include such

Appendix F
School of Music, Theatre & Dance
Department of Dance
Injury/Illness Policy

activities as reading, viewing, and reflective writing assignments on relevant topics¹; performing an experiential exercise using mental imagery and writing a reflection; a self-rehabilitation session in the Performance Lab based upon recommendations for exercises by health care professionals; acting as a rehearsal assistant within a repertory course; assisting in teaching your role in a dance work to another dancer.

Recovery Plan of Action Form:

The Recovery Plan of Action form assists students and teachers in articulating a detailed record of plans for alternative work during the student's recovery from illness or injury. It also provides a description of modifications for class participation as recommended by health care professionals. The forms can be found in the Dance Building hallway.

- **When and to whom to submit the Recovery Plan of Action form:**
Within the first two weeks of absence due to illness or injury, you must be in close contact with your instructors, informing them about your absences, your illness or injury status, observing class when possible, and fulfilling alternative assignments in order to keep up with the course work to the best of your ability.
- **Beyond Two Weeks of Illness or Injury:**
If your injury or illness continues beyond two weeks, you should submit the Recovery Plan of Action form to the Department Administrator, to your course instructor, to your advisor, and you should also retain a copy for your records. The form should be filled out for each course that is affected. Without submission of this form, your absences will count as unexcused and will affect your grade. This form can be amended and resubmitted as necessary, based upon developments with your injury or illness that may require adjustments to the plan. The Recovery Plan of Action form should be created for each course affected by your injury or illness.
- **Drop/Add Options:**
If your injury or illness occurs before the drop/add deadline and the prognosis is that your recovery will be prolonged, you should meet with your advisor, who may recommend dropping the affected courses and enrolling in courses where the injury or illness will not impact participation. This choice should be documented in writing on the Recovery Plan of Action form.

¹ Topics might include reading an article about functional and experiential anatomy relevant to your particular injury; reading about and/or viewing the work of artists relevant to the course topics; reading current literature about injury recovery processes.

Appendix F
School of Music, Theatre & Dance
Department of Dance
Injury/Illness Policy

- Sometimes dropping a course is not a viable option due to the need to meet the requirements for graduation in a timely manner.

End of Semester Advisor Meeting:

At the end of the semester, you are encouraged to schedule a check-out meeting with your advisor to determine an ongoing course of action if needed. You should also confer with the relevant health care professionals to ensure a smooth transition from limited to unrestricted activity.

Chronic Injuries or Health Conditions:

If you need accommodations for a **chronic injury or health condition**, please submit the Recovery Plan of Action form, attaching a health care professional's note. Note that this documentation can be from the past where relevant. Please see the "Accommodations for Students with Disabilities" statement in the handbook; the recommendations found there may be pertinent to your chronic injury or illness.
<https://ssd.umich.edu/documentation>
<https://ssd.umich.edu/>

The Recovery Plan of Action form and the Injury Report form are both located in the Dance page within the "Current Students" portion of the SMTD website.

Prevention of Injury

Prevention

You should take responsibility for your health to help prevent injury. There are proactive steps that you can take to stay healthy. This takes dedication and thoughtfulness on your part.

- Arrive ahead of time to warm up before class begins. This will improve your ability to remain injury free and allow you to perform at your peak ability.
- Take time to cool down after activity.
- Drink plenty of water, eat a balanced diet, and get plenty of sleep.
- Plan time to rest. In addition to seven hours of sleep per night, the body needs one day of rest from physical activity per week. A fatigued muscle is more prone to injury. Moreover, lack of sleep has been linked to multiple problems including reduced immune system capacity and weight gain.
- Stress is a major contributor to injuries, so find ways of minimizing.
- Cross-training is encouraged, since two-thirds of dancer injuries occur from overuse and repetitive motions. Cross-training allows the muscles to be worked in a different manner from how they are used in daily dancing and lessens the chances of injury.

Appendix F
School of Music, Theatre & Dance
Department of Dance
Injury/Illness Policy

Be sensible. It is better to be “safe than sorry.” If you are concerned about pain you are experiencing, do not be a hero and continue to work through it. We recommend you get medical attention so that you know what you are dealing with.

U-M Campus Wellness Resources:

University Health Service (UHS) – <https://uhs.umich.edu/>

Services available include:

[Sports Medicine Clinic](#)

[Physical Therapy](#)

[Wolverine Wellness](#)

[Nutrition Clinic](#)

[Sexual Assault Exam](#)

[SAPAC – Sexual Assault and Prevention Center](#)

[Pharmacy](#)

[Allergy Shots](#)

[Immunizations](#)

[Travel Health](#)

[Eye Care Clinic and Optical Shop](#)

[Mental Health Services](#)

[BASICS – Brief Alcohol and Screening Intervention for Students](#)

Performing Artist Rehabilitation Medicine & Therapy Program (MPerform) - <https://medicine.umich.edu/dept/pmr/patient-care/core-practice-areas/spine-musculoskeletal-medicine/performing-arts-rehabilitation-therapy-program-m-perform>

Performing Arts Injury Clinic (MedSport) - <http://www.med.umich.edu/medsport/services/performingarts.html>

Multidisciplinary Clinic for Professional and Occupational Voice Users - <http://www.uofmhealth.org/conditions-treatments/professional-and-occupational-voice-users>

SPECTRUM Center, Office of LGBT Affairs - <https://spectrumcenter.umich.edu/>

Rec Sports - <https://recsports.umich.edu/>

Kinesiology Community Programs - <http://www.kinesiology.umich.edu/community-programs>

Appendix F
School of Music, Theatre & Dance
Department of Dance
Injury/Illness Policy

Student Mental Health and Well-being:

Student Mental Health and Well-being at the University of Michigan is committed to advancing the mental health and well-being of its students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, contact Counseling and Psychological Services (CAPS) at (734) 764-8312 and <http://caps.umich.edu/> during and after hours, on weekends and holidays, or through its counselors physically located in schools on both North and Central Campus.

Emily Hyssong is a CAPS embedded counselor devoted to students in SMTD.
Email: emhyss@umich.edu **Phone:** 734-764-8312

Paola Savvidou is the Wellness Coordinator for SMTD.
E-mail: savvidou@umich.edu. **Phone:** 734-764-7231

You may also consult University Health Service (UHS) at (734) 764-8320 and <https://www.uhs.umich.edu/mentalhealthsvcs>, or for alcohol or drug concerns, see <https://uhs.umich.edu/aod>. For a listing of other mental health resources available on and off campus, visit: <http://umich.edu/~mhealth/>.

U-M Comprehensive Depression Center - <http://www.depressioncenter.org/>

Campus Mind Works - <http://campusmindworks.org/>

Drop in groups - <https://campusmindworks.org/support-resources-tools/wellness-groups/>

U-M Psychological Clinic - <http://mari.umich.edu/adult-psychological-clinic>

Mindfulness@Umich - <http://lsa.umich.edu/advising/stay-on-track/staying-motivated/mindfulness.html>