



## BACKSTAGE GUIDELINES: DANCER EDITION.

Please make sure **EVERYTHING is clearly labelled** - Shoes, costumes (using micropore tape), socks, make up, drinks **EVERYTHING!**

We advise performers bring a onesie or dressing gown to keep warm backstage in between dances.

### PLEASE ENSURE YOU:

- Bring a suitcase or clearly labelled box to keep all your show items in.
- Stay quiet & calm backstage – ask a chaperone if you need help or need to go to the toilet.
- To help keep occupied backstage feel free to bring a book, colouring (NO FELT PENS) or a quiet game. Please note: neither Etoile Performance Academy, or Groby College are liable for any loss or damages to any items – if you wish to bring an Ipad/tablet this is entirely at your own risk.
- Make sure you arrive with hair and make-up completed an hour prior to the show start time.
- Please keep your area clean & tidy, bin bags are provided and if you need more, just ask.

### PLEASE DO NOT:

- **NO photographs are to be taken** in the dressing room under any circumstances.
- Do not move, mess around or touch anything that belongs to the College – we will be fined for any damages.
- Do not send your child with any chocolate, yoghurts, or any other messy/greasy snacks.
- No fizzy pop or coloured juice – only bottled water that is clearly labelled is allowed.
- No eating or drinking whilst in costume.
- Do not go to the toilet on your own without seeking a chaperones approval.
- Do not bring in felt pens or scissors.
- Do not go out of the changing room when the audience is coming into the building. If you need the toilet – you must cover up your costume & ask a chaperone.

**AS SOON AS YOU HAVE COME OFF STAGE FROM A DANCE, GET CHANGED INTO YOUR NEXT COSTUME. HANG/FOLD YOUR OTHER COSTUMES NEATLY SO THINGS DON'T GET LOST.**

**MAKE SURE YOU ARE READY WHEN THE RUNNERS CALL YOU FOR YOUR DANCE. MOST IMPORTANTLY, SMILE, CONCENTRATE AND SPARKLE ON STAGE & HAVE FUN!**

