

RIVER CITY IRISH DANCE

HANDBOOK 2024/2025

Hello everyone and welcome to The River City School of Irish Dance! We are thrilled to begin another productive and fun-filled dancing season with all our students and their families. Here at River City we focus on teamwork, determination, and technical skill in an encouraging and positive environment, hoping to instill in our students the foundations for a positive competitive spirit and self-confidence both on stage and off.

River City is one of the longest running Irish Dance Schools in Saskatoon, officially opening its doors in 1996. The School promotes awareness, understanding, and love of Irish Dance and culture at every class. The instructors think it is of the utmost importance to teach Irish Dance as traditionally as possible whilst remaining modern and creative. Our goal at River City is to teach your child to Irish dance to the best of his/her ability while having a fun and memorable experience.

This handbook is intended to be a cheat sheet to all things River City! Inside you will find information about classes, competition, events, fees and payment policies as well as information from our Parent's Association. If you have additional questions that have not been addressed, please feel free to contact Nicole or Katie.

Communication between students, instructors, and parents is essential for our school to run smoothly, so please check your email and Whatsapp chats frequently and do not hesitate to contact us at any time with any questions you may have. We also post frequent updates about upcoming events on our social media pages (Facebook, Instagram, Twitter) as well as our website. We thank you for choosing River City as your dance school. We cannot wait to begin another fantastic year with all of you!

Sincerely,
Katie Bleakney, TCRG & Nicole Nienaber, TCRG

Studio Location
2213F Hanselman Court
Saskatoon SK, S7L 2A8

Nicole Nienaber, TCRG Katie Bleakney, TCRG
Owner & Instructor *Owner & Instructor*
(306) 260-5111 (306) 260-5111

Main Email: rcsidteachers@gmail.com
Website: www.rivercityirishdance.com



TABLE OF CONTENTS

	Page Number
Tuition / Fees	1
Class Schedule & Descriptions	1
Policies & Guidelines	3
Championship Guidelines	4
Competition & Feiseanna	5
Feis Etiquette	6
River City Feis on the Flatlands	6
Performances & Dance-Outs	7
Private Lessons & Workshops	7
Costuming Information & Guidelines	8
Hair & Wigs	8
Shoes	8
Solo Costumes	8
Tanning & Makeup	8
Accessories & Other	8
School Costume Guidelines	9
Costume Care	9
Resources	10
Practice Music	10
Irish Dance Supplies / Vendors	10
Physiotherapy	10
Useful Websites	10
Procedural Documents	11
Occupational Health & Safety Policy Statement	11
Code of Ethics for Dance Teachers	11
Code of Conduct for Students, Parents & Others	12
Confidentiality Statement	12
Prevention of Bullying Policy Statement	13
RCSID & RCIDPA Vulnerable Persons & Child Protection	13
RCIDPA (River City Irish Dance Parents Association)	14

TUITION

GST will be applied to all dance fees

A Registration Fee of \$30 is charged to each family at the time of registration each season.

At River City School of Irish Dance the Instructors set the Class Times and Fees to accommodate the needs of all varying levels of students attending the school. It is understood that the instructors will put students in the level and class that they see, in their professional opinion, best suits each individual dancer.

Level	Price/Month
BEGINNER 1 (once/week)	\$75
BEGINNER 2 (twice/week)	\$120
INTERMEDIATE	\$190
ADVANCED	\$210
NOVICE	\$260
PRIZEWINNER	\$390
CHAMP	\$390
ADULT	\$75/month OR \$205/8 class pack

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
BEGINNER		5:00pm – 5:45pm		5:00pm – 5:45pm	
INTERMEDIATE		5:00pm – 6:00pm		5:00pm – 6:00pm	11:00am – 12:00pm
ADVANCED		5:00pm – 6:00pm		5:00pm – 6:00pm	10:00am – 12:30am
NOVICE		6:00pm – 7:15pm		6:00pm – 7:15pm	10:00am – 12:30pm
PRIZEWINNER		7:15pm – 9:15pm		7:15pm – 9:15pm	11:30am – 3:00pm
CHAMP		7:15pm – 9:15pm		7:15pm – 9:15pm	11:30am – 3:00pm
ADULT	5:30pm – 7:00pm				

Class Attire: Students in all levels are required to come to class prepared to dance in proper attire consisting of:

- T-shirt or tank top & shorts/skirts (jeans/leggings are NOT permitted)
- White socks
- Hair pulled back off the face
- Proper sports bra and deodorant for older dancers
- Dance shoes – soft and hard (if applicable)
- Running/training shoes (levels Advanced Beginner and up)

CLASS DESCRIPTIONS

Beginner 1

This is a class for kids just beginning Irish Dance and will occur once per week. Children may begin at age 3 and no former dance training is required. Dancers will learn the basics of Irish Dancing - jump 2,3's and sevens - along with the basic technique required for their later training. There will be an emphasis on the strong technical basics, musical timing, and proper posture. Dancers at this level may begin competing once they have learned the four basic soft shoe dances and can dance them properly.

Beginner 2

This class will be danced at the same time as Beginner 1 but will occur two times per week. No former training is required. Dancers in this class have 1) already been dancing for a year and have learned the four basic soft shoe dances or 2) have just started and are eager to learn Irish Dance. Attending more times per week helps progress skills more quickly. Dancers at this level may begin competing once they have learned the four basic soft shoe dances and can dance them properly.

CLASS DESCRIPTIONS CONTINUED

Intermediate

This is a class for dancers who have begun mastering the four basic soft shoe dances and are ready to start learning team dancing, but not at the commitment level of the Advanced Beginner dancers. These dancers may also begin learning the three beginner hard shoe dances (once TCRGs give the okay) and will continue focusing on basic technique and musicality. There will also be a large emphasis put on proper stage presence and etiquette. These dancers will also begin participating in figures - team dancing - classes and perform these dances at the competitions they attend. Teams solidify the basic technique the dancers have learned from Beginner on and teach the dancers how to dance in a uniform, team setting.

Advanced Beginner

This is a class for dancers who have mastered the four basic soft shoe dances, and/or have moved some dances up to the advanced beginner in competition. These dancers will begin learning the three beginner hard shoe dances and will continue focusing on basic technique and musicality. There will also be a large emphasis put on proper stage presence and etiquette. These dancers are also required to begin participating in figures - team dancing - classes and perform these dances at the competitions they attend. Teams solidify the basic technique the dancers have learned from Beginner on and teach the dancers how to dance in a uniform, team setting. Competitive dancers are encouraged to attend as many Feiseanna within a dance year that they can to progress quickly through the levels and are expected to attend our own competition.

Novice

This is a class for dancers who have mastered all of the basic soft and hard shoe dances, have a good concept of musical timing, and have some of their dances in Novice or Prizewinner in competition. This is where dancers will begin their preparation for Championships which includes more complicated material, and a serious focus on stage presence and stylistic dancing. Dancers at this level will also participate in team classes and compete in team competitions when they attend Feiseanna. Competitive dancers are encouraged to attend as many Feiseanna within a dance year as possible to progress quickly through the levels and are expected to attend our own competition.

Prizewinner

This is a class for dancers who are on the cusp of making it into Championship level. These dancers have mastered all of the basic soft and hard shoe dances, have a good concept of musical timing, and have all their dances in Prizewinner in competition. These dancers will train very hard and focus on advanced steps, stage presence, and stylistic dancing to prepare them for Championship level so it is less of a learning curve. They will do workouts, both at home and in the studio, that will improve their strength and stamina to execute their dances properly. Prizewinner dancers will also participate in figure classes and compete in teams when they attend Feiseanna. Competitive dancers are encouraged to attend as many Feiseanna within a dance year as possible to progress quickly through the levels and are expected to attend our own competition.

Championship

This is a class for dancers competing at the highest levels of competition - Preliminary and Open Championships. These dancers will train very hard and focus on advanced steps, stage presence, and stylistic dancing to prepare them for national and international competitions and qualifiers. They will do workouts, both at home and in the studio, that will improve their strength and stamina to execute their dances properly. At home practice and attendance at class is imperative at this level. Championship dancers will also participate in figure classes and compete in teams when they attend Feiseanna. Championship dancers are encouraged to attend as many Feiseanna within a dance year as possible. Championship dancers are expected to attend our own competition as well as any competition that precedes a major they plan to attend.

Adult

Adult classes are conducted in a fun and easy-going atmosphere. They are designed to adjust to the different levels of ability, from beginner to advanced, based on the dancer's interest and learned experience. Beginner adults start off learning the basic soft shoe steps, technique, stretches and cardio. As an adult student progresses, hard shoe and Ceili dances will be introduced, should they wish, at the TCRG's discretion.

POLICIES & GUIDELINES

Communication Policy

The main form of communication for River City is through email. All emails are generated through the Jackrabbit website so please ensure that you are registered and have chosen to opt-in to emails. A newsletter outlining upcoming events, and any other updates will be sent through email, bi-weekly. Instructors can be contacted through email and text in regards to attendance at class and performances. If texting the instructors, please be considerate and ensure that it is during reasonable business hours.

While it is our responsibility to ensure we provide accurate, up to date information to you it is your responsibility to seek assistance with any questions that you have and access and read the provided information. If parents or dancers have questions or concerns, please talk to Nicole and Katie directly.

Registration Fee

A registration Fee of \$30 will be charged to each family through Jackrabbit at the time of registration each dance season. This is separate from the RCIDPA membership fee mentioned below.

RCIDPA Membership Fee

The RCIDPA have a membership fee of \$50/family that is to be paid annually at the beginning of every year. Payment of membership fee is expected to be paid at the start of the season by cheque along with your costume fee. Please see the Costume Guideline section for detailed costume guidelines and fees. Payment for costume requirements can be taken in the form of cheque (made payable to RCIDPA).

Withdrawal Policy

Should you find it necessary to withdraw, you must notify the instructors in writing via email prior to the 1st day of the new month. For example, if you wish to withdraw as of May 1st, you must notify instructors before April 1st. Non-attendance is not considered proper notice. If you do not give proper, written notice, your account will continue to be charged until formal notice has been received.

Refund Policy

Refunds will not be given for days missed due to holidays or weather-related closings. No refunds or discounts will be given to students who must miss classes for an extended period due to other engagements, injuries, etc. Credit may be given in extreme circumstances and these situations will be assessed on a case-to-case basis.

Non-Payment Policy

Fees are processed through Jackrabbit Dance at the start of each month, no exceptions. Dancers with outstanding balances will not be allowed to attend class. Dancers will not be permitted to attend class until payment has been made.

Class Cancellation Policy

Dance classes cancelled by the school may or may not be made up. The schedule is set at the beginning of the year based on school holidays and Feiseanna. The monthly fees are averaged out over the entire dance season (10 months) rather than based on the number of classes per month as some months (December) have fewer lessons. There will be no refund for missed classes.

Student Absence Policy

Parents need to communicate their child's absence to BOTH instructors via email or text PRIOR to the start of class. For planned absences please record them through your Jackrabbit account. If a student misses a prolonged period of dance they may not be able to participate to the fullest extent in dance outs and/or team competitions. This is at the discretion of the instructors.

Parent Viewing

River City practices a closed door policy. Therefore, we ask that parents drop off and help their dancer prepare for class and then vacate the studio spaces. Please ensure their shoes are on and tied prior to the start of class.

Cleaning Policy

Each family will be assigned a week to clean the studio throughout the year. This information is included in the bi-weekly newsletter. You will have from Monday-Sunday of your week to clean. Check the schedule for times that are available. A list of tasks is taped to the inside of the cleaning closet. Failure to clean the studio during your week will result in a \$100 cleaning fee being charged to your account. You may arrange to switch cleaning weeks with someone if you have scheduling conflicts, but please do so in advance and notify the instructors and cleaning coordinator by email.

Competition Fee Policy

Dancers who have been registered for a competition must pay their fees prior to the competition date.

Personal Fundraising

Personal Fundraising opportunities are made available to families to subsidize dance fees throughout the year. We try to present one fundraising opportunity/month. These will be published in the bi-weekly newsletter. Parents volunteer throughout the year to organize the fundraisers and credits will be applied to your tuition on your Jackrabbit account. Please note that any amount fundraised over and above the outstanding amount owing on your account will not be carried over or refunded. Example: If Jane fundraises \$200 in May and she only has \$100 left to pay for the year, the remaining \$100 will not be returned or carried over.

Drop-in classes

These are classes scheduled outside the regular practice schedule and are optional. Parents will be informed of upcoming drop-in classes via the newsletter. The current fee for drop-in classes is \$10/dancer/hour and is payable to the instructor who is teaching the class upon arrival. Cash only please.

At Home Practice

Students are encouraged to practice at home as often as possible. Even a few minutes each day can contribute to their progress. As parents, we simply ask that you help your child find the time and space to practice and leave the rest up to them. Please do not try to coach or teach your child as far as steps and technique are concerned, as this can un-train things the instructors have been working with your child and can confuse them. See resources section.

CHAMPIONSHIP GUIDELINES

Championship class is designed for students who are competing at the highest level of competition in Irish Dance. These dancers are dedicated to their performance, both onstage and in the studio. These dancers will be expected to train with the utmost discipline and focus, while taking care of themselves both physically and mentally. Parents are to support their dancer and make sure that they have all the tools necessary to succeed as a competitive Irish Dancer. Please see below for some important guidelines:

Class Preparedness:

Dancers in the Championship levels must always be prepared for dance class as their class times are a lot longer than the other levels. This includes, water, braces and medical tape, band-aids, and running shoes.

Arrive Early

It is incredibly important that dancers arrive early for Championship class so that they have time to warm-up and stretch before class begins.

At Home Training

Dancers competing at the Championship level are expected to practice at home and do any workouts or exercises that the instructors, physio, or trainers assign. When it comes to new material, dancers will be taught the dance once and are expected to work on it both in class and at home.

Cross-Training

Champ classes will often include workouts, and other types of cross-training. Students are asked to bring Running/Training Shoes and any other conditioning equipment they may require.

Injury Prevention

Irish Dance is a high impact sport so some injuries such as ankle sprains, shin splints, etc. may affect your dancer at any point throughout the year. Please make sure that dancers are telling the instructors about any injuries as soon as they occur so that they can provide guidance on short-term treatment and advise if a Physio should be introduced to treat the injury. We work very closely with Melissa Koenig as she has an extensive knowledge of dance injuries and rehabilitation. Dancers will be responsible for keeping up their Physio exercises and stretches once assigned.

Feiseanna

As Championship dancers are competing at an elite level, it is important that they attend competitions throughout the year. This becomes essential before major competitions such as Oireachtas, Worlds, Nationals, and North Americans. Students attending these prestigious events are required to attend a competition that directly precedes the event. For example, students attending the Oireachtas are to attend the October (Casey O'Loughlin) Feis.

Oireachtas

Championship dancers are eligible and generally expected to compete at the Western Canadian Regional Oireachtas held each November.

North Americans

Championship dancers may receive a qualification for the North American Irish Dance Championships at their regional Oireachtas. All dancers who are qualified OR are in the Open Championship level are eligible to attend the North Americans. If your dancer is interested in attending, please discuss with the instructors.

Worlds

Championship dancers who qualify for the World Irish Dancing Championships either at their regional Oireachtas or the North American Irish Dance Championships are eligible to compete at the Worlds. If your dancer is interested in attending, please discuss with the instructors.

COMPETITION & FEISEANNA

It is the choice of a dancer and his/her family whether they wish to dance recreationally or competitively. While our classes are designed to prepare dancers for competition, it remains up to them whether they wish to do so.

The world of competitive Irish Dance can be rather overwhelming to new parents and dancers. Please consult with the instructors before you decide to sign up for a competition to ensure that you or your child knows the proper material. If you or your child's first Feis is coming up soon, see below for information on how the competitions run and what to do!

An Irish Dance competition is called a Feis (pronounced fesh) and is a Gaelic term referring to the festival of activities that traditionally take place there. In addition to dance, there are often art and music competitions.

Syllabus: This document is posted when the Feis is published online, each competition chooses their own registration platform (FeisFWD, Feisworx, iFeis, Quickfeis, Feis Entry to name a few). Please visit <https://www.wcidta.ca/feis-dates> for information on all the currently registered Feiseanna in Western Canada. The Syllabus contains a tentative schedule, standard competition rules, and competition number listings.

Schedule: The days only schedule is found in the syllabus and the detailed schedule is usually released about a week prior to the competition.

Hotel Bookings: The link for the hotel is usually posted at the same time as the syllabus. Rooms in the hotels book up incredibly fast so it is important to book once the link is opened.

Program: The Program is often not posted until the day before the event. It contains the number your dancer has been assigned for their solo dancing and what competition numbers they have been entered in. Compare the competition numbers they have been entered into with the schedule in the syllabus and you will be able to see when they will be competing. Please ask the instructors or any other dance parents if you have any questions.

Registration Table: Visit the registration table once you get to the competition to purchase programs (most are online PDFs now) and pick up competitor numbers. **Please know you dancers' number ahead of time (found in the program).** Late registrations and any changes to registration can also usually be done at the registration table.

Dancers in First Feis should be entered in any number of the following competitions:

- First Feis Reel, First Feis Light Jig
- First Feis Reel Trophy
- Beginner Reel, Beginner Light Jig, Beginner Single Jig, Beginner Slip Jig
- Any 'Specials' – these are fun competitions for trophies and are different at every Feis.

Timing: The Feis Schedule is often a difficult document to read, even for the most seasoned Feis veterans! Typically, only an 8 AM start time and LUNCH time are announced on the Schedule. The rest of the competition just runs without an exact time set. **All dancers are expected to arrive down at the feis venue at least 45 minutes before their competition begins.** Most First Feis competitions are set for 8 AM or just after lunch to make it easier for First Feisers to make it to their competitions! Consult with the instructors if you are unsure about start times, but they also will be unsure sometimes as it is impossible to tell how each, individual schedule will run for the competitions. Being early is always a safe bet!

Costuming: Dancers are to arrive at the feis venue with wig, crowns, socks, bloomers, and appropriate warm-up gear (i.e. sweats and a sweater). They can get into their costume and shoes when they are down there. Be sure to either buy a number holder at one of the vendors that will be at the Feis or bring a safety pin to put your dancers' number on their costume.

Competition Numbers: The competition numbers will be posted on a board behind each stage (A,B,C,D,etc). The competitions will run in that order and the side-stage volunteers will remove numbers once that competition has been completed. When it is getting close to your dancers' competition, send them side-stage (parents are not allowed to sit side-stage with dancers) and they will be lined by the volunteers. Be sure to pay attention to the announcers in the room as well as they will often announce which competitions need to come side-stage as well as important information about the event, such as awards.

Awards: Each competition is different, but awards for **trophy competitions (i.e. First Feis Trophy, Specials)** will be announced onstage, either at lunch and at the end of the day, or at a time set by the individual competition. When awards are called, dancers must be ready in full costume and shoes and prepared to go onstage if their number is called to accept their trophy! **Medal competitions (i.e. Beginner Reel, Light Jig, etc.)** will be posted in numerical order in a hallway or awards room. You will look for your dancers' competition number and then see if they were given a medal placing. If they did place, go up to the table with medals on it and volunteers will give ask for the competition number and the placement. Then, your dancer will be given their medals!

Grade Exams are a series of 12 examination sessions created to improve dancers' knowledge and execution of the traditional Irish dances. As of 2018, dancers will be required to have completed all their grade exams in order to take their TCRG (Irish Dance teacher certification). These exams are a couple times a year, often in conjunction with a feis.

FEIS ETIQUETTE

Please remember that all of our behavior at Feiseanna or shows (Parents, Teachers and Students) is a reflection on our school, especially when the dancers are wearing River City attire. At River City, we value sportsmanlike behavior: Please do not speak negatively of any dancers, adjudicators, teachers or other schools. A good thing to remember is that you never know if someone's mom or teacher is sitting right behind or in front of you. At the same time, please refrain from making negative comments about our own dancers or school when you are at the Feis. We are a small community and we are here to support one another. If you have a valid complaint, please bring it to the instructors.

While it can certainly be tempting to tell your dancer to go and get first place as a pep talk, please resist. Try to ensure your dancer focuses on dancing the best they can and stays focused on having fun and completing a strong performance. Your dancer will perform better and will have a more positive experience.

Dancers at the Feis are expected to be **dressed appropriately**. A sports bra and bloomers are not acceptable for a public event. Being appropriately dressed helps to represent River City in a professional manner.

Dancers and parents are **never to speak to or disturb the adjudicators at a Feis**. If you have a question at a Feis please direct it to your instructors or a side-stage volunteers. Please remember that the side-stage volunteers are often parents of the dancers and may not have all the answers, and they should not be addressed in any way that could be perceived as rude or abrasive.

RIVER CITY FEIS ON THE FLATLANDS

We have the privilege of hosting our own Feis every year. Our Feis is the only one held in Saskatchewan so it is a great opportunity for all our dancers to attend a Feis in their home environment and it also saves our families the added cost of travelling out of province to compete. **All dancers registered with River City are required to register for the River City Feis on the Flatlands.** If you are unable to make it to this competition, please speak with the instructors well in advance. Please see the Volunteer Expectations section for more information about our feis and volunteer expectations.

FEIS VOLUNTEER COMMITMENT

In order to ensure a successful event, we rely on our dance families to volunteer at this event. The River City Feis is run by our RCIDPA Volunteers in conjunction with the Instructors, and it is expected that each dance family volunteer their time generously. There are several different jobs to do at various times during the feis weekend, as well as before and after the event. Prior to the Feis, our volunteer coordinator will send out an email with a full list of jobs. There will be a detailed explanation of each job so each volunteer is clear what their responsibilities will be.

It is very important that our families understand that the event will require all hands on deck. This means that we ask you to do your best to clear your schedules from Friday afternoon to Sunday evening and volunteer as much as possible. We encourage you to ask your extended family and friends to help out as well either at the feis or with childcare while you volunteer.

PERFORMANCES AND DANCE-OUTS

Dance-outs will be scheduled throughout the year based on demand and communicated via the newsletter or WhatsApp chats. Some performances or dance-outs may include: Folkfest, Music for the Gut, Seniors homes, Saskatoon Symphony Orchestra, Pubs and restaurants (St. Patrick's Day). We also host our own performances each year, the Christmas concert and Ceili.

Unless otherwise advised, dancers should be in their school costume for every dance-out as follows:

Girls: black bodysuit, school skirt, black shorts, cuffs and white socks.

Boys: Black dress pants, black dress shirt, black socks, tie and school vest.

Sometimes we wear our River City polo shirts instead so keep your eyes on the newsletter for specific costume details.

PRIVATE LESSONS & WORKSHOPS

PRIVATE LESSONS

Instructors can be contacted directly to arrange private lessons. **The rate for these lessons is \$70 per hour with one of the TCRGs.** The fee for the lesson is due upon arrival. Payment will be accepted in the form of cash, or e-transfer: (Nicole: nicolenien@hotmail.com. Katie: katie.bleakney@gmail.com).

Cancellation Policy: Private lessons **must be cancelled 24 hours in advance** unless there is an emergency. This is so the instructors can offer that time slot to another dancer that might want a private lesson. If you forget and do not show up for the lesson and do not give the instructors proper notice, you will still be required to pay the private lesson fee.

WORKSHOPS

We will have a number of workshops throughout the dance year that help the dancers expand their horizons and cross train to learn new skills and get stronger. These will be announced in the yearly calendar or the newsletter as they arise.

Workshops: We have the good fortune of working with the Blakey O'Brien school of Irish Dance namely, Barbara Blakey O'Brien ADCRG, Sean O'Brien, and Mackenzie Mahler. Barb, or one of the other teachers in her school, will be holding workshops for us each year to teach new material and improve technique. These workshops will most often take place in the fall and spring. Dates will be announced when available in the Newsletter. The fees for these workshops are often covered or subsidized by the RCIDPA however, extra costs may be charged to dancers if necessary. These workshops are a fantastic opportunity for our dancers and as such, attendance is required. Failure to attend the workshop may result in dancers not receiving the new exercises or choreography. Of course, we understand that there are sometimes unavoidable conflicts, please discuss these with the instructors as soon as they are known.

The River City School of Irish Dance has an association with the Blakey Saskatoon School and Luanne Schlosser TCRG and they work collaboratively with one another in classes, competitions and performances.

COSTUMING INFORMATION & GUIDELINES

HAIR & WIGS

Wigs: We understand that the wig can be daunting for parents and dancers, if you are struggling, need advice or require assistance please reach out to your instructors for tips and tricks or a different type of wig.

- As a guideline, dancers competing in the Advanced Beginner level and up should talk to the instructors about choosing the right wig or hairstyle for their dancer.
- Championship girls are required to have teacher input and approval on wigs and hairstyles. Please consult with the instructors about colour and style before you purchase a wig.
- Wigs can be purchased online through Camelia Rose or Paulas Wigs and Bling or from a vendor at a local feis. There is a limited selection of used wigs at the studio. Please ask the instructors.

SHOES

Shoes: Please check with the instructors on type of shoe and fit before purchasing.

- Boys Soft Shoes: Hullachan
- Girls Soft Shoes: Hullachan
- Hard Shoes: Fays

SOLO COSTUMES

When a dancer progresses to the Novice level of competition they are allowed to wear a teacher approved solo dress. To clarify, if a dancer has only one solo dance in the novice level they are only permitted to wear their solo costume for that dance.

Championship dancers are to have a modern, instructor-approved costume in their possession or on order at all times. Dancers should aim to get a new costume every 1-2 years to ensure that they can re-sell their old costume to help fund the new one. It is far easier to sell a modern costume back into the market and there is less risk of you losing money if you turn over costumes quickly.

How to buy a solo costume:

- **Buying New:** With the popularity of Irish Dance continuing to grow, many of the dressmakers are being booked from 6 months to 1 year ahead of time. If you plan to have a costume made, it is important to plan ahead of time and consult with the instructors in regards to which dressmaker to go with, colours, and design elements. A couple approved dressmakers are Rising Star Designs, ID Costumes, Elite Dance Designs, John Carey Design. Your TCRG can help you choose which is the best option for your dancer.
- **Buying Used:** There are many lovely used costumes available through Facebook resale groups or at competitions. As with new, please consult with the instructors before buying a used costume.
- **Measurements:** Make sure that you have accurate measurements to go off whether you are buying new or used. You can have your dancer measured by the instructors out of class time or there are measurement guidelines on most dressmaker sites.

TANNING & MAKEUP

Makeup: For grades dancers in Beginner and Advanced Beginner competitions, makeup is not permitted until the U13 age group. Makeup is permitted on dancers competing in Novice, Prizewinner and Champ competitions in the u11 age group or older. Please talk to the instructors about which makeup to buy and how to apply it (including false eyelashes and facial tanner).

Tanning: River City dancers in the Beginner and Advanced Beginner level of competition do not need leg tanner. Dancers in the Novice and Prizewinner level of competition have the option to tan their legs. Championship dancers are required to have tanned legs for competition and performances. You can either book a tan at the feis or use at-home tanner yourself.

ACCESSORIES & OTHERS

Crowns: Crowns often come with new dresses but they can also be found at feis vendors.

Buckles: Champ girls are to wear buckles on their hard shoes when competing in solo competition. Blank buckles can be purchased from The Kilt Lady and parents/dancers can gem the buckles themselves. There should be two rows of size 34AB crystals around the outside, and 4-5 size 34 coloured gems in the middle (depending on the dancers' solo costume colour).

White Laces/White Tape: Champ girls are to have white laces in their soft shoes and white electrical tape for the hard shoes at competition. The laces can be purchased at The Kilt Lady or a local feis, and electrical tape can be purchased at any hardware store. The instructors will show the dancers how to tape their feet. Champ boys should keep black electrical tape in their bag.

Bloomers/Undergarments: Bloomers or shorts should be worn under dresses and skirts. These can be purchased from the vendors at the Feis or local stores. Please speak to your instructors about which type to buy.

SCHOOL COSTUME GUIDELINES

RENTAL COSTS & DAMAGE DEPOSITS

- School costumes are the property of the RCIDPA and costume inventory and fees are managed by the board.
- Costume rental is dependent on there being no outstanding monies owed to the RCIDPA
- Costumes must be returned at the end of the dance year for inspection, cleaning and inventory. Any costume deemed to be excessively worn (beyond normal wear and tear) or returned damaged will result in forfeiture of the damage deposit. If the dress is damaged beyond repair you will be responsible for the replacement cost.
***All prices are subject to change due to the changing cost of the item.*
- Each costume is numbered. Please take note of these numbers.

	Costume Rental (non-refundable)	Damage Deposit	Purchase Requirements
Girls	\$100 per dancer Cheque made out to RCIDPA Payment plans available	\$125 total deposit Cheque dated June 1 to RCIDPA	Capezio high neck bodysuit Black shorts Malley golf shirt
Boys	\$100 total rental Cheque made out to RCIDPA Payment plans available	\$125 total deposit Cheque dated June 1 to RCIDPA	Black dress pants Black long sleeve dress shirt Malley golf shirt
Adults	\$40 total rental Cheque made out to RCIDPA Payment plans available	N/A	Capezio high neck bodysuit Black shorts Black tights (See below)

COSTUME REQUIREMENTS

(all prices subject to change based on actual cost)

- All female dancers are required to purchase a bodysuit, shorts and golf shirt as specified by the teachers for performance purposes. The cost of these items varies. (Estimated cost: Bodysuit - \$60, Shorts \$20, Golf shirt - \$80)
- All male dancers are required to purchase a Malley Sport golf shirt for performance purposes. Boys are also required to have black dress pants, black long sleeve dress shirt and black socks. Please ask us for suggestions on brand and style.
- All Adult women are required to wear black tights with their costumes. Further, they will need to purchase a bodysuit and shorts as listed above. Please speak with Nicole Stevenson prior to purchase.

COSTUME CARE

- Please store skirts/vests on the hanger that you were given. We want to keep everything looking brand new for many years to come so crumpled in a ball at the bottom of your dance bag is not where to keep it! Hang it up in a closet to keep it wrinkle and pet hair free. Dancers may not dance in wrinkled or dirty costumes.
- Costumes should always be transported in a garment bag, once home make sure to open it up so they can air out.
- DO NOT eat or drink anything except water in your costume
- The new skirts are very adjustable, you will notice they came with a safety pin attached at the back as well as a few extra ones in the Ziploc bag. Make sure once you have the skirt on and adjusted that you pin it closed. If you need more safety pins please ask.
- Skirts/vests may be steamed if wrinkled, we have a steamer at the studio if you don't have access to one. DO NOT iron your skirt/vest. Skirts/vests can be spot-cleaned with a damp cloth and a little COLD water. If your skirt/vest has any stains that COLD water won't remove please bring it to the studio for cleaning.
- Any costume that is in need of repairs or alterations should be brought to the attention of Nicole Stevenson ASAP, do not make alterations yourself.
- Contact Nicole Stevenson if you have any question or concerns about the care your costume.
- Costumes are not to be lent to anyone outside of our school for any reason and you must have permission to lend to any dancers within our school.
- If washing is required, wash on a cold cycle using Woolite or similar gentle cleaner for dark fabrics.
- The rest of the skirt can be ironed with normal heat/steam

Nicole Stevenson, RCIDPA Costume Coordinator

nm.stevenson@hotmail.com

RESOURCES

MUSIC

Since timing is one of the core elements of Irish Dance, it is important that dancers have Irish Dance music at home to practice with.

For the widest variety of speeds and songs we suggest [FeisApp](#). FeisApp is owned by our good friend Sean O'Brien and can be purchased through the app store on your device or their website. **Beginner level music is free to use on the app.

Irish dancing music is minimally available on Spotify and Apple music. Some suggested albums are as follows:

- Sean Softley, Feis Strings Vol. 1
- Two Left Feet, Music for Irish Dancing Vol. 1
- Darren Checkley, #keepitreel
- Dean Crouch, Top Box
- Ellery Klein, Step Into the Beat: Modern Irish Dance Music

IRISH DANCE SUPPLIES

The Kilt Lady

Dawn McNally
306-260-1286
thekiltlady@hotmail.com

Dawn is located locally in Saskatoon and has a select number of supplies for our dancers such as: hard shoes, soft shoes, socks, laces and other accessories

Brogs

Mairead Michniewski
780-235-2764
s.mmich@shaw.ca

Brogs is located in Sherwood Park, just outside of Edmonton Alberta. They have a wide variety of supplies such as: wigs, hard shoes, soft shoes, socks, buckles, laces, crowns and other accessories.

PHYSIOTHERAPY

Melissa Koenig, B.Sc(Kin), MPT, ISST Schroth Therapist
Craven Sport Services
<https://cravensportservices.ca/our-team/melissa-koenig/>

Melissa is a member of the dance school as both a parent and dancer in the Adult class. Melissa has a vast knowledge of Irish Dance and we are very fortunate to have someone with her expertise work with our dancers to prevent and manage injuries on a regular basis.

Trevor Donald, BScPT, DIP. MANIP.P.T., FCAMPT, CAFCI, CSCS
Donald Physiotherapy
<https://www.donaldphysiotherapy.com/trevor-donald.html>

Trevor Donald has been working with the school for a number of years and has run injury prevention seminars for the dancers. Trevor works with many different types of dance and sports and he is very knowledgeable on the topic.

USEFUL WEBSITES

River City School of Irish Dance

www.rivercityirishdance.ca

Western Canadian Irish Dance Teachers Association

www.wcidta.ca

Irish Dance Teachers Association North America

www.idtana.ca

PROCEDURAL DOCUMENTS

OCCUPATIONAL HEALTH & SAFETY POLICY STATEMENT

River City School of Irish Dance Corporation places the highest emphasis on Health and Safety in conducting all daily operations.

This policy applies to all employees and students of the River City School of Irish Dance, whether volunteer or paid, and to all visitors.

River City School of Irish Dance Corporation is committed to ensuring, so far as reasonably practicable, that all employees and contractors are adequately informed, trained, and are able to work in an environment that is free of hazards that may cause personal injury.

This can only be achieved through constant promotion of safe working practices, safety awareness and a commitment to safety on the part of all employees and others associated with the River City School of Irish Dance.

In working to fulfil this commitment, River City School of Irish Dance Corporation shall;

- Maintain so far as reasonably practicable a safe environment at all studios and performance sites;
- Consult with our employees on all matters that may affect their personal safety;
- Ensure appropriate procedures exist for the reporting and review of all safety incidents that were hazardous or had the potential to be hazardous to the safety of our employees or others working in our area of operation.

The Directors of the Corporation have the responsibility and authority to ensure that the River City School of Irish Dance health and safety objectives are achieved. They will identify and support measures to eliminate unsafe acts, procedures, conditions, equipment, and hazards of all kinds.

Instructors and Assistants are responsible for the prevention of accidents and illness arising from work methods and the working environment. Their performance as a Class Leader includes their ability to identify, reduce, and prevent accidents and potential hazards.

Students and Parents while attending the River City School of Irish Dance must assume responsibility for their own safety and for that of their peers by following general reasonable instruction and by taking corrective action to halt or prevent unsafe acts and conditions within their control.

CODE OF ETHICS FOR DANCE TEACHERS

River City School of Irish Dance endorses the following Code of Ethics. The aim of this Code is to inform teachers and the public of the ethical standards expected by the profession of those who teach within it.

Individual teachers will use adequate and flexible teaching skills to create a productive learning environment. Individual teachers will:

- strive to communicate love of dance
- demonstrate professional attitudes, including punctuality, reliability and responsible care of students
- strive to develop self-discipline and self-motivation in the students
- encourage and support the individual within the class situation
- Transmit general concepts of movement in addition to those of a particular dance style.

Individual teachers will recognise the role of dance in the development of the whole person. They will also seek to recognise and develop each student's potential, while being respectful of students.

Individual teachers will endeavour to recognise physical anomalies, modifying the teaching and seeking medical advice when necessary. The teaching and choreography must be anatomically safe, and teachers must be prepared to deal with medical emergencies. Teachers must have current First Aid and CPR certification.

Individual teachers will strive to develop in the students an appreciation of the characteristic style of each specific technique taught.

Individual teachers take responsibility for seeking further knowledge in all aspects of their work.

PROCEDURAL DOCUMENTS

CODE OF CONDUCT FOR DANCE STUDENTS

I will:

- Arrive on time to each class to avoid disrupting my teachers and other students, and begin to warm up **10 – 15 minutes** before the start time of my class;
- Wear appropriate clothing and shoes to each class in accordance with the uniform requirements, (see below for specific uniform requirements) including wearing my hair in the appropriate style and removing all jewelry before each class;
- Be polite, courteous and respectful to my instructor(s);
- Treat all others as I like to be treated, being polite, courteous and respectful to other students and other people in the dance environment, regardless of ability, and strive to create a positive environment at all times;
- Be honest in my attitude and preparation to group work, by working equally hard for myself and my peers;
- Be frank and honest with instructor(s) concerning illness, injury, and my ability to participate in each class;
- Control my temper when things don't go the way I hoped;
- Respect the Dance Studio, performance environments, and competition venues, putting all garbage away and keeping the waiting areas neat and clean for the safety of myself and others;
- Respect and care for all Costumes as outlined by the costume policy which will be distributed with the dresses.

I will not:

- Bully, gossip about, or isolate other students;
- Chew gum in class or eat food in classrooms or on any performance space;
- Use my mobile phone in class, in the foyer during my allocated class time, or in any change room environment;
- Leave the Dance Studio premises without a parent/guardian or parental permission;

I understand:

- The River City School of Irish Dance Corporation reserves the right to ask any Student to leave the School for inappropriate behaviour as outlined in the student handbook.

CODE OF CONDUCT FOR PARENTS & OTHERS

I will:

- Encourage my child to dance so long as he/she is interested in dancing;
- Focus on my child's performance rather than the overall outcome of the competition, or performance;
- Teach my child that an honest effort is as important as a victory, so that the results of each competition, or performance are accepted without undue disappointment;
- Teach my child to respect their peers and their Teachers, and lead by example;
- Help my child to set realistic goals based on his/her individual ability and experience;
- Encourage my child to follow the rules of the dance studio and any competition or performance they enter into;
- Applaud good performances by all of the performers, not only my own child;
- Remember that my child learns best by example, and that I need to practice what I preach;
- Support all efforts to remove verbal and physical abuse from all dance activities;
- Respect and follow advice and direction provided by TCRGs;
- Remember that my child and their friends are dancing for their enjoyment, not my own;

I will not:

- Ridicule or yell at my child, or any other child;
- Raise an issue with or question a teacher, a performance or an official's judgment in public, instead raising any issue or disagreement directly with the instructors, as is outlined in the student handbook.

I understand:

- The River City School of Irish Dance Corporation reserves the right to ask any Parent or Other to leave the School for inappropriate behaviour as outlined in the parent handbook.

CONFIDENTIALITY STATEMENT

All information related to child protection concerns will be treated confidentially. Information will only be shared on a need-to-know basis, and all involved parties will be informed about the limits of confidentiality.

REVIEWING & MONITORING

This policy will be reviewed annually and updated as necessary. The River City School of Irish Dance is committed to continuously monitoring and improving its child protection practices.

By adhering to this policy, the River City School of Irish Dance aims to create a safe and enjoyable environment for all participants ensuring their well-being and protecting them from harm or abuse.

PROCEDURAL DOCUMENTS

PREVENTION OF BULLYING POLICY STATEMENT

River City School of Irish Dance places the highest emphasis on Health and Safety in conducting all daily operations. This policy applies to all employees, students, and parents of the River City School of Irish Dance, whether volunteer or paid, and to all visitors.

The River City School of Irish Dance expects that all employees and other people associated with River City School of Irish Dance shall treat each other with respect and dignity, in an effort to provide a working environment that is cohesive and comfortable for all. Specifically, the River City School of Irish Dance will not tolerate any Bullying in the workplace.

Bullying behaviour can include but is not limited to

- Verbal abuse or shouting;
- Physical Abuse;
- Excluding or isolating a person;
- Psychological harassment;
- Humiliating a person through sarcasm, criticism or insults (including bullying through on-line systems);
- Ignoring or belittling a person's contribution or opinion.

The River City School of Irish Dance encourages the early reporting of any allegations of bullying.

Where any persons feel that they are the victim of bullying, they should discuss the matter directly with the person/people concerned and request an end to the behaviour. Should this approach fail or be inappropriate, the victim can raise the matter with the TCRGs.

Disciplinary action will be taken against anyone who victimises or retaliates against a person who has made a complaint.

The Instructors have the responsibility and authority to ensure that River City School of Irish Dance health and safety objectives are achieved. They will identify and support measures to eliminate bullying of any kind within the River City School of Irish Dance.

Students and Parents of the River City School of Irish Dance are responsible for their own behaviour and may face disciplinary action if they engage in bullying behaviour of any form.

Discipline Policy: The goal of the Instructors is to make the dance class a fun, positive experience that is supportive of individual and group setting. Our expectation is that every dancer will treat others the way they would like to be treated, but in a situation where a dancer's behaviour or conduct is not appropriate, discipline will be enforced that is appropriate to the age group of the dancer involved. Younger dancers may be put in a time out, older students may be given a warning and then asked to leave the studio for the remainder of the class if the behaviour persists. Parents will be informed any time that a student is disciplined for poor conduct. Disciplinary action is applicable to the usage of profanity, bullying, verbal or physical altercations, or where continued disregard and disrespect towards an instructor, classmate, parent, or visitor is evident.

Should any dancer commit one of these offences during class time or any dance-related activity the following measures will be taken:

- **1st Offence** – Parents notified and verbal apology to classmate, instructor, parent, or visitor will be required;
- **2nd Offence** – Parents notified and 2-week suspension from class and dance activities;
- **3rd Offence** – Parents notified and the potential that the dancer will be dismissed from the school.

RCSID & RCIDPA VULNERABLE PERSONS & CHILD PROTECTION POLICY

The River City Irish Dance Parents Association (RCIDPA) and the River City School of Irish Dance (RCSID) are committed to providing a safe and secure environment for all its students, including vulnerable persons and children. This policy outlines these commitments to safeguarding, preventing abuse, and responding appropriately to any concerns or suspicions of abuse.

Definition of Vulnerable Persons and Children

- Vulnerable persons and children are defined as individuals under the age of 18, or those who may be at risk due to their age, health, disability, or other circumstances. This includes students, participants, and anyone else involved in River City School of Irish Dance activities, and events hosted by the River City Irish Dance Parents Association.

The RCIDPA supports the policies of the RCSID as outlined in the Parent Handbook

RIVER CITY IRISH DANCE PARENTS ASSOCIATION

RCIDPA

River City Irish Dance Parents Association is a non-profit organization. The membership of the RCIDPA shall consist of regular members who have paid the annual membership fee. A regular member is entitled to one membership per family, the right to vote at meetings, the right to be elected, and the right to attend and participate in all general meetings. Membership fees payable to the club shall be set prior to each fiscal year and are payable at the time of registration. Membership fees are non-refundable and any family who is registered with River City School of Irish Dance will be a member of the River City Irish Dance Parents Association by paying the annual fee of \$50/family. All regular members are required to commit to fundraising at a level determined at the start of each dance year by the executive and participating in fundraising activities throughout the year (i.e. Feis, Ceili, Recital) via volunteer shifts to support the dance school. Funds raised during these events will be used to support the dancers through events such as workshops and new costumes.

An annual general meeting (AGM) of members shall be held in the fall for the River City Irish Dance Parents Association each year at a time and place to be fixed by the Board of Directors. In addition, the Board of Directors of the RCIDPA will meet periodically throughout the year to discuss fundraising opportunities and plan events. These meetings are open for all members of River City to attend at any time and the dates of these meetings will be published in the bi-weekly newsletter. The President may call a special meeting of members at any time but shall do so only upon the written request of at least 5 regular members. A quorum is defined as 50% plus 1 of the board members. The conduct of meetings shall be governed by the RCIDPA Bylaws.

STRUCTURE

The RCIDPA is made up of 5 members of the executive:

- President
- Past President
- Vice President
- Treasurer
- Secretary

as well as up to 7 members at large. There are assigned roles such as Costume Coordinator, Event Coordinator and Feis Chairperson as well as general positions.

RCIDPA members are voted on to the board every two years at the Annual General Meeting (AGM), All members of the RCIDPA are welcome to put their names forward to sit on the board.

MINUTES & OTHER

The RCIDPA saves all past and future minutes to a google drive for members to access and review at any time.

In this drive you will also find other resources like their Bylaws.

[RCIDPA Google Drive](#)