

Dance Contingency Group Outline

Meeting #1: May 12, 2020- NOTES

We reviewed that all scenarios must begin under the premise that schools are back in session with some kind of in-person learning schedule and that resocialization is allowed by federal, state and local directives. These contingency groups are intended to provide ideas, suggestions, recommendations for consideration by OSAA staff, Executive Board, Sports Medicine Advisory Committee, etc. Based on phases set forth by Federal and State Government. Share CDC doc (already sent) and Reopening Oregon Documents and NCAA phase document

1. Currently
 - No gym to access, no in person training, no practices or tryouts can be held. If things begin to open up, then there would be a desire to begin training over summer, including physical fitness steps, tryouts, and routine development.
 - If tryouts were able to occur now, there would be another tryout held in fall as well, and possibly a separate one for competition team.
 - No camps this summer in person- All camps have gone to online camps- coaches are wondering if those can be accessed?
2. Acclimatization Period after start of the Association Year– minimum timeline dictated to us by SMAC
 - There would be a significant amount of time to learn a routine, and physically prepare for toning needed to perform.
 - Possibly consider making routine requirements shorter to allow for a shorter amount of acclimatization needed? Currently minimum for a routine is 2 minutes, should that be changed? National entities are doing no-minimum requirement for a routine, but there is still a maximum time.
 - Stunting keeps us “true to our sport”, getting rid of that would be something that would be challenging.
 - At studio dance entities, they are starting with less time in each class for both cleaning needs, but also to build stamina back up.
3. Current start of season, including start of practices through competition schedule (Fall V. Winter)
 - Giving the students options for online dance classes/camps over the summer would help with being prepared to start at any time.
 - If we are going to start later into the fall, then maybe the fall season (category season run by DDCA) is cancelled. Have a focus on routine development, possibly pep assemblies or performances at events at school, but then only focus on state championship season.
4. Other notes:
 - Performing with a mask on in dance would be incredibly difficult. The athletes would not be able to breathe.
 - Virtual state championships were discussed and some regulations that could go into that.
 - Goal to get as many kids involved as possible even if virtual tryouts are allowed.
 - Normally give 4-6 weeks to develop and condition for a routine.
 - Virtual camps are becoming more and more popular as an option.
 - No penalties for costumes- maybe make that change to allow for both budgetary needs and simplicity with getting when dancers are added to a team.
 - Get back to why we do sports. Students’ participation and mental health as well as physical engagement is what is most important.