

PERFORMER PROTOCOL FOR REHEARSALS AND SHOWS AT THE JEANNE RIMSKY THEATER

Refer to [“Which Show Am I In?”](#) for show and rehearsal dates & times

Table of Contents

Kinderballet-Level 3a

Rehearsal

Covid-19 Protocol

Arrival for Rehearsal

Dismissal from Rehearsal

Preparation and Packing for Rehearsal

Show

Covid-19 Protocol

Arrival for Show

Dismissal from Show

Preparation and Packing for Show

Levels 4 and Above (Middle School and Up)

Rehearsal

Covid-19 Protocol

Arrival for Rehearsal

Dismissal for Rehearsal

Show

Covid-19 Protocol

Arrival for Show

Dismissal from Show

Preparation and Packing for Show

How to arrive

What to Pack

Tights, Shoe, and Costume Requirements

Undergarment Requirements

Hair and Makeup Requirements

KINDERBALLET- LEVEL 3A

REHEARSAL

Covid-19 Protocol for Rehearsal

Performers:

- Mask *or* negative test required.
- Rapid/home test taken no more than 6 hours prior to rehearsal if you plan not to wear a mask. Retain a photo to present upon arrival.
- For those who choose to wear a mask, they must be skin-toned in color and well-fitting.

Parents/caregivers/volunteers attending the rehearsal:

- Proof of vaccination required.
- Additionally, mask *or* negative test required.
- Rapid/home test taken no more than 6 hours prior to rehearsal if you plan not to wear a mask. Retain a photo to present upon arrival.

Arrival for Rehearsal

All dancers **MUST** arrive 15 minutes before rehearsal begins!

Kinderballet:

- Parents must stay for the duration of the rehearsal
- Park elsewhere (side streets or Firehouse lot on Webster Ave) and walk in with your child. Use the front entrance of the Landmark Building on Main Street.
- Negative tests will be checked at the door.
- **NO PARKING PERMITTED IN ANY LANDMARK LOT (FRONT OR BACK).**

Level 1 and above:

- Drop off: Enter front lot of Landmark Building through entrance on Main Street.
- Pause at the BEREST Drop-off Point. Negative tests will be checked here.
- A volunteer will escort your child into the theater where they will be signed in.

Dismissal from Rehearsal

- Dancers may leave once all of their dances have been rehearsed. Pick up times may vary.
- **NO CARS PERMITTED IN LANDMARK PARKING LOTS (FRONT OR BACK).**
- Parking: side streets or firehouse lot on Webster Ave. (not available Thursday 6/16). Children whose parents are not present should carry a contact phone number.

Kinderballet

- Sign out in the lobby.
- Upon sign-out, parents/caregiver of dancers will be issued an ID bracelet. You must present this to pick up your child after the show on Saturday. Please make sure that the parent/caregiver who will be picking the child up from the show has this bracelet on show-day (Saturday).

Level 1 through Level 3a:

- Parents/caregivers must come into the theater to sign out their child.
- Upon sign-out, parents/caregiver of dancers will be issued an ID bracelet. You must present this to pick up your child after the show on Saturday. Please make sure that the parent/caregiver who will be picking the child up from the show has this bracelet on show-day (Saturday).

Preparation and Packing for Rehearsal

Kinderballet, Levels 1, 1a, and 2:

- Arrive in dress code with hair done.
- Hair must be in a neat ponytail with hairspray, and hairpiece secured with bobby pins.
- Clean, hole-free tights and shoes required.
- Please be mindful that no underwear is to be visible once dancers are costumed.
- Remove ALL jewelry, nail polish, and hair elastics from wrists.
- Please bring:
 - All dance attire, dance shoes, and tights, labeled with your full name
 - Hairpiece, and touch-up materials for hair
 - Water (no juice please), and a nut free, non-messy snack.

Levels 3 and 3a:

- Arrive in dress code and hair done.

- Hair must be in a ballet bun, with hairpiece secured with bobby pins. No bun-makers. (Follow our YouTube bun tutorials [HERE](#).)
- Clean, hole-free tights and shoes required.
- Please be mindful that no underwear or bra straps are to be visible once dancers are costumed.
- Remove ALL jewelry, nail polish, and hair elastics from wrists.
- Please bring:
 - All dance attire, dance shoes, and tights, labeled with your full name
 - Hairpiece, and touch-up materials for hair
 - Water (no juice please), and a nut free, non-messy snack

SHOW

Covid-19 protocol for Show

Performers:

- Mask *or* negative test.
- Rapid/home test taken no more than 6 hours prior to show if you plan not to wear a mask. Retain a photo to present upon arrival.
- For those who choose to wear a mask, they must be skin-toned in color and well-fitting.

Volunteers:

- Proof of vaccination required.
- Additionally, mask *or* negative test required.
- Rapid/home test taken no more than 6 hours prior to show if you plan not to wear a mask. Retain a photo to present upon arrival.

Arrival for Show

- Dancers arrive 1 hour before your show.
- **NO CARS PERMITTED IN LANDMARK PARKING LOTS.**
- Parking: side streets or Firehouse lot on Webster Ave.
- Use front entrance of Landmark Building on Main Street. Enter the theater and walk through the curtains to the left of the stage.
- Negative tests will be checked upon arrival.
- Dancers must be escorted by a parent/caregiver to their dressing room.

Dismissal from Show

- Pick up your child in their dressing room.
- Only the parent/caregiver in possession of the ID bracelet will be permitted backstage to retrieve your child.

Preparation and Packing for Show

Kinderballet, Levels 1, 1a, and 2:

- Arrive in dress code with hair done.
- Hair must be in a neat ponytail with hairspray and hairpiece secured with bobby pins.
- Arrive in makeup: red or dark lipstick, blush, neutral-tone eye shadow (white/ivory, golden, browns). Add mascara and/or eyeliner if wearing a mask onstage.
- Clean, hole-free tights and shoes required.
- Please be mindful that no underwear is to be visible once dancers are costumed.
- Please bring:
 - All dance attire, dance shoes, and tights, labeled with your full name
 - Hairpiece, and touch-up materials for hair and makeup
 - Water (no juice please). NO FOOD IS PERMITTED BACKSTAGE.

Levels 3 and 3a:

- Arrive in dress code and hair done.
- Hair must be in a ballet bun with hairpiece secured with bobby pins. (see our [YouTube bun tutorials](#).)
- Arrive in makeup: red or dark lipstick, blush, neutral-tone eye shadow (white/ivory, golden, browns). Add mascara and/or eyeliner if wearing a mask onstage.
- Clean, hole-free tights and shoes required.
- Please be mindful that no underwear or bra straps are to be visible once dancers are costumed.
- Please bring:
 - All dance attire, dance shoes, and tights, labeled with your full name
 - Hairpiece, and touch-up materials for hair and makeup
 - Water (no juice please). NO FOOD IS PERMITTED BACKSTAGE.

BALLET 4 AND UP (MIDDLE SCHOOL AND UP)

REHEARSAL

Covid-19 Protocol for Rehearsal

Performers:

- Mask *or* negative test.
- Rapid/home test taken no more than 6 hours prior to rehearsal if you plan not to wear a mask. *Dancer must carry a photo to present upon arrival.*
- For those who choose to wear a mask, they must be skin-toned in color and well-fitting.

Parents/caregivers/volunteers attending the rehearsal:

- Proof of vaccination required.
- Additionally, mask *or* negative test required.
- Rapid/home test taken no more than 6 hours prior to rehearsal if you plan not to wear a mask. Retain a photo to present upon arrival.

Arrival for rehearsal

- All dancers **MUST** arrive 15 minutes before rehearsal begins!
- Drop Off: Enter front lot of Landmark Building through entrance on Main Street.
- Pause at the BEREST Drop-off Point where a volunteer will escort your dancer into the theater where they will be signed in.
- Negative tests will be checked at the door.

Dismissal from rehearsal

- Dancers may leave once all of their dances have been rehearsed. Pick up times may vary.
- **NO CARS PERMITTED IN LANDMARK PARKING LOTS (FRONT OR BACK).**
- Parking: side streets or firehouse lot on Webster Ave. (not available Thursday 6/16).
- All dancers must sign out in the lobby.

SHOW

Covid-19 Protocol for Show

Performers:

- Mask *or* negative test.
- Rapid/home test taken no more than 6 hours prior to show if you plan not to wear a mask. *Dancer must carry a photo to present upon arrival.*
- For those who choose to wear a mask, they must be skin-toned in color and well-fitting.

Volunteers:

- Proof of vaccination required.
- Additionally, mask *or* negative test required.
- Rapid/home test taken no more than 6 hours prior to show if you plan not to wear a mask. Retain a photo to present upon arrival.

Arrival for show

- Arrive 1.5 hours before the show for required warm-up.
- Sign-in backstage
- **NO CARS PERMITTED IN LANDMARK PARKING LOTS.**
- Parking: side streets or Firehouse lot on Webster Ave.
- Use front entrance of Landmark Building on Main Street. Enter the theater and Walk through the curtains to the left of the stage.
- Negative tests will be checked upon arrival.

Dismissal from show

- Sign out in your dressing room
- Dancers will meet their dancers in the theater. Parents of older dancers should wait for their dancers in the theater.

PREPARATION AND PACKING FOR REHEARSAL AND SHOW

How to Arrive and What to Pack

- Professional photography will be taking place. Please adhere:
- Full hair and makeup are required for BOTH the Theater Rehearsal and Show. See pages 8 & 9
- Arrive at the theater in a low bun with side-part and makeup- see pages 8 & 9.

- If needed, wear a flesh-colored “base” leotard to rehearsal to facilitate changing in the audience. .
- Arrive in the tights and undergarments for your first dance, under street clothes. Do not arrive in any other costume parts.
- NO Jewelry or hair elastics on wrists.
- No nail polish.
- Packing:
 - Food:
 - Rehearsal: non-messy, non-smelly, nut-free
 - Show: no food permitted
 - All costume parts, see pages 10-12. (All costumes that are *property of the Berest Dance Center* must be brought to the rehearsal, taken home, and brought back for the show, left at the theater after the show.)
 - All necessary tights (see chart below)
 - All necessary dance shoes (see chart below)
 - All necessary undergarments (see section below)
 - Extra Hairpins, bobby pins, hairnets (must match your hair color), hair spray/gel
 - Eye Make-up & makeup wipes
 - Warm-ups (sweater, leg warmers, etc.)
 - Small sewing kit
 - Portable mirror
 - Water bottle
 - Suggested Personal items: deodorant, toothbrush/toothpaste, dental floss/mouthwash, Q-tips, clear nail polish/for stocking runs, nail polish remover, nail file, headphones, instant ice packs, Advil, etc.

Undergarment Requirements

- Please carefully review the following policy regarding undergarments:
- If you feel the need to wear anything under your costume, you may choose from the following options:
 - *Skin-tone leotard*: with fabric straps, which are covered with your foundation makeup.
 - NO CLEAR PLASTIC STRAPS will be permitted.
 - If your leotard came with clear straps, the straps must be replaced.
 - A preferable solution is to sew on ballet slipper elastic, which takes makeup well.
 - The leotard must match the line of the costume and not be visible in the front or back.

- *Skin-tone bra*: with fabric straps, which are covered with your foundation makeup.
 - Bras should be smooth (no padded cups), sports-type bras with camisole straps
 - The bra must match the line of the costume and not be visible in the front or back.
 - Same rules about straps apply, as with leotards, stated above.
- *Skin-tone underwear*

Please keep these requirements in mind when packing, and plan accordingly.

Hair Requirements

Low bun with side part executed neatly by using hairspray (no wispies or flyaways), bobby pins & hairpins, hairnet, hair tie. No bunmakers. All hair accessories must match hair color. See our [YouTube bun tutorials](#).

Makeup Requirements

Base: Apply foundation (should be a shade darker than your own skin). Apply translucent powder (optional).

Eyes: Apply primer (neutral powder) fully covering eyelid and up under brow, and blend.

Apply mid-tone to lid, darker shade (contour) in crease of eye as well as outer 1/2 of lid (see closed eye on diagram), and finally lightest shade (highlight) under brow bone and in inner corner of eye.

Apply black liner across upper lashes and lighter liner (brown) across lower lashes.

Apply waterproof mascara to upper lashes.

Eyebrows:

Use an eyebrow product to shape and darken.

Elongate so that the end is in line with the outer corner of your eye socket.

Cheeks: Use a darker tone blush to define cheekbones (see shape of shading on diagram).

Lips: Moisten with chapstick of some sort, then apply dark/red lipstick. Use a liner the same color or slightly darker to keep lips neat-looking.



Costumes

Class	Costume	Underwear	Tights	Shoes	Headpiece
Ballet 4	-Black tank leotard -Colorful wrap skirt	As needed	Pink tights	Ballet shoes	Flower
Ballet 4a	-Black tank leotard -Colorful wrap skirt	As needed	Pink tights	Ballet shoes	Crown
Ballet 5	-Black tank leotard -Colorful wrap skirt	As needed	Pink tights	Ballet shoes	Flower
Tap Adv. Int. Mon, 6:15	-Jeans -	As needed	n/a	Black tap shoes	Cameo
Broadway Jazz Foundations & Jazz Intermediate	-white button-down shirt -black unitard	Skin-tone bra/leotard as needed	n/a	Skin-tone jazz shoes	n/a
Musical Theater Rep./Sun.	-black leggings -black leotard -black/red tie t-shirt	As needed	n/a	Skin-tone jazz shoes	Red rose
Middle School Lyrical	-White dress	Skin-tone bra/leotard as needed	Skin-tone footed tights	Skin-tone jazz shoes	White accessory
Friday HipHop	-Black leggings -Tie dye t-shirt	As needed	Black ankle socks	Black HipHop sneakers	n/a
Saturday HipHop	-Black leggings -Sweat shirt	As needed	Black ankle socks	Black HipHop sneakers	n/a
Modern Foundations	-Lavender dress	Skin-tone bra/leotard as needed	Skin-tone footless tights	n/a	headband

Class	Costume	Underwear	Tights	Shoes	Hairpiece
Ballet 6	-Black tank leotard -Watercolor dress	As needed	Pink tights	Ballet shoes	Flower
Ballet 6a	-Black tank leotard -short watercolor wrap skirt	As needed	Pink tights	Ballet shoes	Flower
Ballet 7	-Black tank leotard -Long watercolor wrap skirt	As needed	Pink tights	Ballet shoes	Flower
Pointe 6/6a	-Black short-shorts -Orange dress	Skin-tone bra	Pink tights	Pointe shoes	n/a
Pointe 7	-Black leotard -Red wrap skirt	As needed	Pink tights	Pointe shoes	n/a
Tap Advanced	-Red tank -Jeans	As needed	n/a	Black tap shoes	n/a
Jazz Adv. Intermediate	-Black jazz costume	As needed	Skin tone-footed tights	Skin-tone jazz shoes	n/a
Jazz Advanced	-Sparkly dress	As needed	Skin tone-footed tights	Skin-tone jazz shoes	n/a
Musical Theater	-Black leggings/dance pants -White blouse	As needed	n/a	Jazz shoes	n/a
Modern	-Black mesh-sleeved leotard/muscle tank -Black skirt	As needed	n/a	n/a	n/a
Contemporary Composition	-White dress	As needed	n/a	n/a	n/a

Lyrical/ Waitress	-Purple dress	As needed	Skin tone- footed tights	Skin-tone jazz shoes	n/a
Lyrical/ spoken word	-Blue leotard -Blue tunic	As needed	Skin tone- STIRRUP tights	n/a	n/a
HipHop 1	-White t-shirt -Black leggings	As needed	n/a	sneakers	n/a
HipHop Advanced 2	-White t-shirt -Black leggings	As needed	n/a	sneakers	n/a
Lyrical Rep.	-Blue leotard -White pants -Sash	As needed	n/a	“Foot undies”	n/a
Jazz Rep.	-Jewel-tone unitard	As needed	n/a	n/a	n/a