

# Lorraine's School Of Dancing - Showtime Expectations

## *“The stage Is Ours 2026 Show”*

*A few simple ways to help everyone have the best show experience possible!*

### **Be Show Ready**

- Arrive on time and ready to perform (*please follow schedules for dress rehearsal and show day which include class arrival times*)
- Bring everything you need for your show! (*You can find costume information per class on our website, complete with hair and makeup requirements, ensure to bring all dance shoes with you*)
- Keep your belongings tidy in the dressing room area in your labelled bags provided by the school.
- Arrive to the dress rehearsal & show day with your hair and makeup ready, this really helps our chaperones & backstage assistants.
- Prepare a “bit bag” complete with hair grips, hairsprays, hair bands, makeup, safety pins, extra tights / socks or any handy bits you might need.
- Arrive to theatre in your uniform or something comfortable which is easy to change in and out of (*we stock a personalised school all in one zip up, which allows for easy changing*)  
*We also stock personalised logo costume bags, a great way to keep your belongings organised*
- Pack plenty of water! As our show is in July, it tends to get hot backstage and hydration is key for any great performer!
- STRICTLY NO NUTS BACKSTAGE, some of our students have allergies so this is very important.
- Bring a packed lunch, cold food only, we will not have use of any microwaves, kettles etc. Ensure to pack enough for the dress rehearsal day and the show day.
- No students will be allowed to order any hot food to theatre through take away apps, nor will any parents be able to drop off any hot food throughout their time with us.
- Strictly NO JEWELLERY allowed backstage, please leave your beautiful belongings safely at home.
- No bright coloured nail varnish allowed, seniors and advanced may have “French” or clear if they wish.

- No stick on transfers or tattoos
- All dance shoes / school uniform **MUST** be labelled with students name, we always end up with lots of lost property after the show, so please label everything so we can return any left items.
- Students are allowed to bring phones / iPads , however these are the students responsibility and LSOD take no responsibility for any lost / stolen items.
- We have purchased some beautiful brand new costumes this year, each has been labelled by the school with the students name, at the end of the show everything must be returned. There will be a charge for any costumes not returned or lost.
- Students must ask permission to go to the toilet so we can account for all our students whereabouts. There will be plenty of breaks / rest time throughout the day.
- Each student will be professionally photographed in each costume by our photographer, backstage staff and chaperones will organise this accordingly, these will be available to purchase in the foyer area at the show.

## Respect the Theatre

- Treat the theatre, staff, and equipment with care.
- No running backstage or in the corridors, save the energy for the stage!
- Food and drinks should stay in approved areas only.
- We have a team of DBS approved adults and professionally licensed chaperones to look after our students throughout their time with us, All students must listen to instructions given by their adult in charge at all times.
- PRE SCHOOL TUESDAY AND SATURDAY STUDENTS - **MUST** have 1 x parent per child backstage with them at all times, you are responsible to dress and look after your child throughout the full time with us. You will be able to watch the performance side stage.
- Do not pick paint off the walls at the theatre backstage ( *we were fined for this last year*)
- All students, chaperones, staff, teachers, backstage assistants need to attend the safety briefing given by the theatre, this is a **MANDATORY** requirement for everyone involved in our show.

## Backstage Behaviour

- Keep noise levels low backstage so performers on stage can concentrate.
- Encourage and support one another, we're a team!
- Stay in your assigned areas unless a teacher / chaperone gives permission.

- All Students must remain in their dressing rooms throughout the show and the dress rehearsal until our “runner” comes to collect you for your dance.

## **Phones, Devices & Other**

- Phones should stay away during rehearsals and performances unless a teacher says otherwise.
- No filming backstage or in dressing rooms.
- If any of our younger students wish to bring colouring, books, things to keep them entertained backstage this is fine, however please no felt tip pens, pencils only. No messy activities.

## **Safety First**

- Always listen to teachers, chaperones, and theatre staff.
- Let a teacher know immediately if you feel unwell or need help.
- Follow instructions quickly during rehearsals, performances, and fire procedures.
- A Parent MUST sign their student in and out from the stage door on collection and drop off.
- Please ensure your medical notes and emergency contact details are all up to date on our system, if you need to check this you can email us to make amendments, do checks and update. This is the parents responsibility.

## **Most Important Rule**

***Have fun, be kind, and make amazing memories together!***

We are so proud of every performer and can't wait to see you shine on stage.