

# **Fidèle Youth Dance Company**

## **Student Dress Code**

### **2022 Season**



Fidèle Youth Dance Company's dress code ensures that instructors will be able to see each dancer's alignment and positioning. Accurate viewing is essential to improve dance quality, promote healthy development and avoid serious injury. Baggy clothing can mask bad habits, making proper instruction impossible and putting dancers at risk. When students enter a rehearsal they should be fully prepared for class: shoes on, hair fixed and ready to begin on time. Please note dancers may be asked to leave rehearsal if they are not dressed appropriately or if hair is not pulled back, and have agreed to adhere to these guidelines as stated in the student contract.

#### **Attire:**

Girls must wear pink footed or convertible tights with a solid-color leotard of any style. Please note tights are to be worn over the feet and inside the shoes at all times. Tights with large holes or runs are not acceptable. If additional undergarments are necessary, all visible straps must match either the leotard or skin color. Boys must wear a tight-fitting, solid-color t-shirt or tank top with black leggings or dance pants and thin black socks.

#### **Hair:**

All hair must be secured away from the face in a classical bun. Please note an elastic band wrapped around the hair in the shape of a bun is not acceptable and any bangs or layers must be kept away from the face with hairspray, gel or pins. If the student's hair is too short to wear in a bun, please secure the hair off of the face and neck with an elastic headband or hair clips.

#### **Shoes:**

Leather or canvas ballet shoes should fit properly and be taken care of throughout the year. Dance shoes are to be worn only in the studio and waiting/dressing areas; never outside on the sidewalk and parking areas. Elastic should be sewn on correctly and drawstrings should be fitted to the foot, knotted and cut off. Pointe shoe ribbons and elastics must be properly sewn; no rubber bands or safety pins will be permitted. It is detrimental to work on pointe shoes that are too soft or broken. Please avoid this by ordering shoes in advance, at least two weeks before you will need them.

Cover-ups, jewelry and nail polish: Cover-ups should be worn to and from classes and while in the lobby or waiting areas for the purpose of modesty. Dance shorts or skirts and sweaters will be allowed during warm-up time only and should be removed for the remainder of rehearsal as instructed by your teacher. Stud earrings will be permitted, but all other jewelry must be removed for the purpose of safety. No nail polish of any color will be permitted during dress rehearsals or performances on fingers or toes. Alternative dance styles/acting: If a class or allotted rehearsal time has been designated as modern, contemporary or acting, dancers may adjust their wardrobe accordingly. During these times, students may dance barefoot, wear leggings or similar attire, etc.

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