

Guidelines for ThickSkin Workshops

Venue: At your school or venue. Contact us to discuss where you want your workshop to happen.

Please make sure the space is appropriate for physical theatre activities:

- Big spaces are generally better, ideally at least 10m x 10m.
- Make sure its not too cold to help prevent injury.
- Dance floor or wooden floor is ideal. Carpets and concrete floors make injury more likely.
- It might sound obvious, but please make sure that the floor has been swept and that there are no hazards in the space.

Participants: Age 14+

You should make sure we know about any access needs, disabilities or medical requirements in advance. The workshop involves both physical and written exercises and we want everyone to be included, so this info helps us plan the sessions in advance. You can provide this info when you complete the booking form.

Please make sure that participants are given this info in advance:

- Wear suitable clothing for physical exercise and trainers. Definitely don't wear your school uniform, jeans, jewellery or short skirts... otherwise it'll be difficult to try out all the moves!
- It's going to be physical, so be prepared to run around and take part in movement based tasks, including contact work.

Numbers: 10-24 people per group. Less than 10 makes it hard to deliver group work and more than 24 increases risk of injury given the physical nature of the workshop.

Equipment: A loud sound system with an aux cable or Bluetooth option must be available.

Safety: **You must ensure that an adult member of staff supervises the workshop. If there is no staff supervision ThickSkin practitioners will end the workshop.** This is to ensure that the students are safe and that the supervisor/teacher also benefits from the workshop.

Your organisation or school is responsible for health and safety, and first aid.

Promotion: You must not circulate any press or publicity materials without prior consent from ThickSkin and ensure that all publicity includes the ThickSkin logo and website address, which can be requested from engagement@thickskintheatre.co.uk.

Photography: Photographs must not be taken without the prior consent from ThickSkin. You can request consent by contacting engagement@thickskintheatre.co.uk.

www.thickskintheatre.co.uk

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