

RISING  TIDE  
*Irish Dance Academy*

**Academy Handbook**

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# Welcome

On behalf of the founders and instructors, it is our pleasure to welcome you to the Rising Tide Irish Dance Academy. We are thrilled to be working with you!

We created this handbook for newcomers to the Irish dancing community and experienced dancers new to the school. In addition to containing information about Irish dance, it contains important policies that all parents and dancers should be familiar with. Our website is also a tremendous resource; you can visit our website at <http://www.risingtideacademy.ca>.

We would be more than happy to answer any questions you may have. Welcome to Rising Tide!

Sincerely,

Becky Chapman, BComm, ADpPR, TCRG  
Co-Founder & Instructor  
[becky@risingtideacademy.ca](mailto:becky@risingtideacademy.ca)

Laura Hopper, BComm, CHRP, MHRM, TCRG  
Co-Founder & Instructor  
[laura@risingtideacademy.ca](mailto:laura@risingtideacademy.ca)

# Rising Tide Overview

## Rising Tide Mission

Rising Tide's mission is to build a community of passionate and skilled Irish dancers, and their families, committed to exemplifying the Rising Tide values and elevating the profile of Irish dance in the region.

## Rising Tide Values

### Community

We are building a fun, spirited and supportive community for everyone at Rising Tide. Everyone who interacts with us can feel it. It's engaging and something people want to be part of. All are welcome and it's a community you will never leave.

### Trust

We as instructors, students, and Rising Tide community members will do what we say. We have each others' backs and start with a positive assumption about each others' intent.

### Transparency

Community members can expect open, clear and timely communication on all matters affecting students and the school.

### Professionalism

*As Instructors:* In every interaction with Rising Tide community members and the broader Irish dance community, we operate with a mindset of respect, honesty and integrity. We interact with our colleagues in a friendly manner. We are gracious in victory and defeat and work to exemplify good sportsmanship at all times. We are responsible to promote the Rising Tide brand and are seen as a reputable, professional organization in our region.

*As Students and Rising Tide Community Members:* In every interaction with fellow students, Rising Tide community members, and the broader Irish dance community, whether in class, at a competition, or elsewhere, we operate with a mindset of respect, honesty, and integrity. We are gracious in victory and defeat. We support our classmates and competitors, and work to exemplify good sportsmanship at all times.

### Accountability

*As Instructors:* We will add our full value in every interaction with students and Rising Tide community members. Our aim is to help each student reach his or her full potential.

*As Students:* Rising Tide students are responsible for their attitudes and behaviours in and outside of class. Students represent Rising Tide. Students own their careers as dancers and, together with their teachers, work to reach their full potential. Students add their full value and actively participate in every class.

*As Rising Tide Community Members:* We are representatives and stewards of the Rising Tide brand. We add our full value in every interaction with each other and the wider world. We have each others' backs.

# Instructor Profiles

## Becky Chapman, Co-Founder/Instructor



Becky started dancing at an older age than most after spending a few years overseas in Kuwait and taking a hiatus from regular activities. Upon returning home she began recreational Irish dance classes at age 12. Recreational classes quickly sparked an interest in doing more, and she enrolled with the Greene School of Irish Dance and began competing at 14.

Becky enjoyed much competitive success, reaching the highest level in Irish dancing, Open Championships. In addition to competing, she has enjoyed performing at venues big and small, and was most recently part of the troupe that performed in the 2014 and 2015 Royal Nova Scotia International Tattoo. She also traveled with the troupe to Hamburg, Germany in October 2014 to dance in the Polizeishow.

Irish dance also took Becky to Dublin, Ireland where she lived for a year. While there she danced with Colette Cooke and studied for her TCRG exam under the lovely Mollie Farrelly. Becky passed her TCRG in the fall of 2013.

Prior to establishing Rising Tide Irish Dance Academy, Becky was an assistant teacher locally, and previously opened a recreational dance school as one of her co-op work terms while completing her Bachelor of Commerce degree, majoring in entrepreneurship, at Dalhousie University. Since opening Rising Tide, Becky has completed her Advanced Diploma in Public Relations at NSCC, and served on the Board of Directors for Dance Nova Scotia. Otherwise she spends her time living in, and loving, Dartmouth and her dog Charlie.

## Laura Hopper, Co-Founder/Instructor



Laura has been dancing since she was three years old. Originally from Toronto, she studied ballet at the Pia Bouman School of Ballet and Creative Movement until she graduated high school, obtaining her Grade 8 award with Honours from the Royal Academy of Dance. When she was nine years old, she attended her first Irish dance class and the fast footwork and high energy captured her heart - and she's been Irish dancing ever since.

Laura has studied Irish dance in Toronto, Halifax, and Northern Ireland, and competed at local, national and international levels. She attended the World Irish Dance Championships, and placed as high as 5th at the Eastern Canadian Championships. Her passion for dance extended beyond competition to helping other dancers succeed; she has helped teach classes in Toronto, Halifax and Derry (Northern Ireland).

In 2012 Laura obtained her TCRG, and in 2014 Laura and fellow dancer Becky Chapman founded Rising Tide Irish Dance Academy.

Outside of dance, Laura holds a Masters in Human Resource Management from York University and works as an HR consultant. In her spare time she reads, plays guitar and spends time with her husband and their dog Finnegan.

## About Irish Dance

As both an art form and a sport, Irish dance offers something for everyone: an opportunity to be creative, physical exercise, individual and team activities, personal development, performance, and opportunities to compete locally, nationally and internationally (if desired). Using both hard shoes (similar to tap shoes, but with fibre glass tips) and soft shoes (similar to Highland dance shoes or ballet slippers), Irish dance can be percussive and powerful, athletic and elegant.

Popularized by such shows as Riverdance and Lord of the Dance, Irish dance was originally a social form of group dancing performed at weddings, fairs and holidays. It is rooted in the dances taught by traveling dance masters throughout Ireland in the 16th and 17th centuries. Famously, Irish dancers move only their legs, keeping their arms tightly by their sides - a tradition rumoured to have begun as a way for dancers to perform in crowded pubs without the risk of knocking over pints. [Learn more about the early history of Irish Dance](#) at Marie Duffy's website.

Today, Irish dance is taught and performed all over the world. Schools can be found across North & South America, Europe, Asia, Australia, South Africa and New Zealand. In addition to learning a unique cultural art form and highly effective method of fitness, students also learn critical life skills including goal setting, teamwork, listening, giving and receiving feedback, sportsmanship and confidence. Although Irish dance still has a strong cultural component, more and more dancers from non-Irish backgrounds are taking up the style and excelling.

Rising Tide is registered with the largest governing body of Irish dance, An Comisiún le Rinci Gaelacha (CLRG), which allows dancers to participate recreationally or competitively. Advancement in Irish dancing is typically measured through competition. Students interested in a competitive track have the opportunity to compete at local competitions (feiseanna), national feiseanna, such as the North American Championships, and international feiseanna including the World Irish Dance Championships. [Visit CLRG to learn more.](#) Students interested in a more recreational track are offered many opportunities; CLRG offers exams for dancers wishing to formally measure their advancement without competing.

## Irish Dance Shoes & Equipment

Irish dance requires specific footwear and socks. You can buy necessary footwear, as well as other Irish dance equipment (e.g., socks, wigs, etc...) at a variety of places, including at feiseanna. You can buy Irish dance equipment locally at Heart of the Highlands Dance Supplies ([www.heartofthehighlands.ca](http://www.heartofthehighlands.ca)).



Girl's Soft Shoes  
(pumps, poms, ghillies)



Boy's Soft Shoes



Hard Shoes  
(heavies, jig shoes)



Poodle Socks  
(girls only)

## The Different Dances of Irish Dance

Irish dancers learn three different styles of dance: soft shoe dances, hard shoe dances and ceili (team) dances. For most of these dances, choreography is custom to each dance school and changes constantly as dancers progress.

### Soft Shoe Dances

Soft shoe dances can be both athletic and elegant depending on the style of the individual dancer. There are 4 soft shoe dances a dancer will learn:

- **Slip Jig** - danced in 9/8 time, traditionally done only by girls
- **Reel** - danced in 2/4 or 4/4 time, the only soft shoe dance performed by boys at major competitions
- **Light Jig** - danced in 6/8 time, and only performed in competition to the Prizewinner level
- **Single Jig** - danced in a 6/8 (or 12/8, though less commonly) time, and only performed in competition to the Prizewinner level

## Hard Shoe Dances

Hard shoe dances are what Irish dance is known for; fast feet, intricate footwork and percussive power. The hard shoe dances include:

- **Treble Jig** - danced in 6/8 time, and is performed in a faster, more traditional speed by beginners, and a slower speed by more advanced dancers
- **Hornpipe** - danced in 2/4 or 4/4 time, and like the Treble Jig is performed in a faster speed by beginners, and a slower speed by more advanced dancers
- **Traditional Sets** - this is a category of dance that includes both treble jigs and hornpipes. Traditional set dances have standard choreography, standard pieces of music, and are performed to a standard speed, so every dancer performs (near) identical version of these seven dances. The seven Traditional Sets are: St. Patrick's Day, The Job of Journeywork, The Garden of Daisies, The Blackbird, King of the Fairies, Three Sea Captains and Jockey to the Fair
- **Non-Traditional Sets (also called Contemporary Sets)** - this is another category of dance that includes both treble jigs and hornpipes. While each non-traditional set has a standardized piece of music, there is no standard choreography or standard speed. A non-traditional set is a dancer's opportunity to showcase his/her strengths, so the choreography is usually tailored to an individual dancer. Instructors are responsible for selecting the music and creating the choreography. There are 40 different non-traditional sets.

## Ceili (Team) Dances

Ceili (team) dances are dances performed in groups. They are traditional dances with standard choreography. There are 30 ceili (team) dances, some in reel timing, some in jig timing. Ceili (team) dances can be performed in competitions, festivals or performances. Ceili (team) dances are a wonderful example of the precision and unison Irish dancing is famous for.

## Competition

Rising Tide offers both competitive and recreational opportunities for students. Irish dance competitions can be incredibly fun and incredibly confusing for new competitors. This section provides details for those students wishing to compete.

An Irish dance competition is called a feis, pronounced fesh (plural is feiseanna), and is the Irish term for festival or gathering. In addition to dance, there are often art, music, and baking competitions.

## Entering Feiseanna

Any student may enter any feis, all that is required is the dance teacher's approval. If you are interested in entering a competition, please speak to your instructors, they will help determine when you are ready to begin competing. Most new dancers will be technically ready to compete towards the end of their first year or early during their second year of dance. Once the decision to compete has been made, your instructors will also help you determine the appropriate age, competition level, and dances to register for.

## Competition Region & Levels

Canada is divided into two competitive regions, Western Canada (all provinces Manitoba-west) and Eastern Canada (all provinces Ontario-east). There are six levels of competition in Eastern Canada:

1. Beginner
2. Advanced Beginner
3. Novice
4. Prizewinner
5. Preliminary Championships
6. Open Championships

Dancers progress through the category levels in each dance. As a result, it is not uncommon for a dancer in the grade levels (beginner - open prizewinner) to compete in different dances in two or three levels (e.g., reel in novice, hornpipe in advanced beginner). The rules for advancing through the levels are outlined below.

## Advancing through the Levels

The Irish Dance Teachers' Association of Eastern Canada (IDTACE) and the North American Feis Commission (NAFC) define the rules that determine when dancers can advance through each level of competition. These rules represent a minimum requirement, and the Region leaves it up to individual schools to follow these guidelines and augment them as needed. Below are the Rising Tide guidelines for advancing through competitive levels.

- *Moving from Beginner to Advanced Beginner:* a Beginner will move to Advanced Beginner at the instructor's discretion or after s/he has completed one year of Irish dance lessons.
- *Moving from Advanced Beginner to Novice:* An Advanced Beginner who wins 1st, 2nd or 3rd place will advance to the Novice category in that particular dance (competition dances are reel, light jig, slip jig, traditional treble jig and traditional hornpipe, as a minimum requirement).
- *Moving from Novice to Prizewinner:* A Novice who wins a 1st place will advance to the Prizewinner category in that particular dance.
- *Moving from Prizewinner to Preliminary Championships:* A Prizewinner who wins two 1sts in the reel and/or slip jig, and two 1sts in the treble jig and/or hornpipe will advance to Preliminary Championships.
- *Moving from Preliminary Championships to Open Championships:* A Preliminary Champion who wins two 1sts will advance to Open Championships at the next feis they enter, unless both 1sts are won in the same calendar year, in which case the dancer can move to Open Championships in the next calendar year.

## Qualifying for the Eastern Canadian Region Oireachtas

Each November the IDTACE hosts an Oireachtas (pronounced O-rock-tus), a region-wide competition where dancers can compete in solo and team competitions to qualify for the North American and World Irish Dance Championships. The Oireachtas is typically held the second week in November, and for the next several years will be held in Toronto.

## Qualifying for Solo Competitions with Rising Tide

All Rising Tide dancers in Preliminary Championships or Open Championships are eligible to compete in Oireachtas solo competitions

It will be up to the discretion of the instructors as to whether dancers in Prizewinner can compete at the Oireachtas. Instructors will consider a student's goals, potential, and competition record when making the decision.

## Qualifying for the Oireachtas Premier Competition with Rising Tide

The Oireachtas also hosts a premier competition for dancers not yet eligible for solo competitions. Any Prizewinner dancer may compete in the Premier competition (unless competing in the solo competitions).

## Qualifying for Oireachtas Team Events with Rising Tide

Competing in Oireachtas team events will be by instructor invitation. Instructors will create teams based on skill, age, availability of dancers, and team needs. Dancers competing in solo events will be strongly encouraged to participate in team events.

## Rising Tide Costume Guidelines

Irish dance costumes are an essential part of the competitive experience. In the 18<sup>th</sup> and 19<sup>th</sup> century, dancers wore their Sunday best. As dancing evolved, so too did the costumes - girls began wearing simple dresses with Irish knotwork embroidery. Today boys and girls solo costumes tend to be very modern with very little to indicate their Irish heritage. However, for girl's dresses specifically, dressmakers must still adhere to some traditional rules (e.g., keeping the collar bone covered, making the skirt a certain length).

There are two types of dresses: school dresses and solo dresses. School dresses are worn by competitors in Beginner - Novice, and by all dancers in ceili (team) competitions. School costumes are unique to each school, and tend to be fairly traditional. Solo dresses are something dancers earn when entering Prizewinner; they are unique to each dancer's style and colour preferences. Boys costumes follow the same trajectory. Boys in Beginner-Novice wear a school vest, which compliments the school dresses. Once a boy enters Prizewinner he can select a vest (and tie) that suits his personal tastes. Review the table below for Rising Tide's costume requirements by level.

	Beginner/ Advanced Beginner	Novice	Prizewinner	Preliminary/ Open Championship
Girls	Skirt, white blouse (with sleeves) <i>*unless 11 or older, in which case school costume is worn</i>	School dress, tights or poodle socks	Solo dress (preferably 2 <sup>nd</sup> hand), tights or poodle socks	Solo dress, tights or poodle socks
Boys	White dress shirt, black pants, black socks <i>*unless 11 or older, in which case school costume is worn</i>	White dress shirt, school tie, black pants, black socks	Dress shirt, solo tie and vest , black pants, black socks	Dress shirt, solo tie and vest , black pants, black socks

### General Costume Guidelines

- All Rising Tide dancers should look polished and professional on- and off-stage at competitions
- Dancers should remove excess jewelry before competing (e.g., bracelets, necklaces, etc...)
- Dancers in Prizewinner and above have the option to wear sparkly buckles (with hard shoes) and sparkly poodle socks, if desired
- Rising Tide has no preference regarding natural hair vs. use of a wig, or style of wig selected (e.g., full wig or bun wig) for dancers in Novice and above; however, hair must look tidy and be tightly secured.
  - Dancers in Beginner/Advanced Beginners should wear their hair in a curly bun, however, parents have the option to do the bun with natural curl, or an inexpensive bun wig.

## Communication from Rising Tide

It is our goal to operate a transparent business, and we will keep you apprised of all matters impacting the school and its students. Rising Tide's primary method of communication will be through email, please add the following email addresses to your contact list:

- [info@risingtideacademy.com](mailto:info@risingtideacademy.com)
- [becky@risingtideacademy.com](mailto:becky@risingtideacademy.com)
- [laura@risingtideacademy.com](mailto:laura@risingtideacademy.com)

Rising Tide also operates a Facebook page, Twitter and Instagram accounts, and YouTube channel. Those links, along with our website, are listed below.

- [www.facebook.com/risingtideacademy](http://www.facebook.com/risingtideacademy)
- Twitter: @risingtideIDA
- Instagram: risingtideida
- [www.risingtideacademy.ca](http://www.risingtideacademy.ca)
- [www.youtube.com](http://www.youtube.com) (search Rising Tide Irish Dance Academy)

# Classes

Rising Tide offers classes for children and adults, whether dancing recreational or for competition.

## Children's Classes

### **Beginner** *(one class per week)*

A fun and energetic introduction to Irish dance for children 4-7. Students will learn the basics of technique, musicality and skills of Irish dance in a dynamic and engaging classroom. Using the technique and skills learned, students will also practice introductory steps for the reel, light jig, single jig and slip jig.

### **Intermediate** *(one class per week)*

Building on the skills and techniques learned in the beginner class, students practice perfecting their Irish dance technique and learn more advanced skills and steps. Hard shoe is introduced in this class as well. Perfect for students with 1+ years Irish dance experience who are keen to grow and develop as dancers.

### **Competitive** *(two classes per week)*

A class for competitive students in Novice and Open Prizewinner. Class is focused on perfecting Irish dance technique and developing advanced dance skills, as well as preparing for feiseanna. Students work closely with instructors to set realistic, but challenging goals to grow as dancers and achieve their full potential. The competitive class is often combined with the Championship class.

### **Championship** *(three classes per week)*

A class for competitive students in Preliminary and Open Championships. Class is focused on developing advanced dance skills and preparing for feiseanna (including local competitions, as well as regional, national and World Championships). Students work closely with instructors to set realistic, but challenging goals to grow as dancers and achieve their full potential.

## Adult Classes

### **Adult Beginner** *(one class per week)*

A high energy class for adults with minimal experience in Irish dance. This class focuses on fitness and fun. Students will learn the basics of technique, musicality & skills for Irish dance. Using the technique and skills learned, students will practice introductory steps and ceili (team) dances.

### **Adult Advanced** *(one class per week)*

The perfect class for experienced, non-competitive Irish dancers. This class is focused on practicing Irish dance skills and technique, learning and perfecting new skills and steps, performance numbers and ceili (team) dances.

# Class Fees, Registration & Payment

## Class Fees

Class fees are calculated on a per term basis and are based on a rate of \$15/hour. Rising Tide operates 3 equal terms a year to align, as much as possible, with a standard school year. Typically, term dates are as follows:

- Winter: January 1 - April 30
- Summer: May 1 - August 31
- Fall: September 1 - December 31

Specific term dates and fees are emailed to dancers/parents and posted on the Rising Tide website a minimum of two weeks before the start of a term.

As an alternative to paying by term, dancers can elect to pay on a per-class basis. Drop-in rates are outlined below.

Class	Per Class Fee (with tax)	With Coaching Fee*
Beginner (1 class per week)	\$20	N/A
Intermediate (1 class per week)	\$20 (1 hour), \$25 (1.25 hours), \$30 (1.5 hours) \$40 (2 hours)	\$22 (1 hour), \$27 (1.25 hours), \$32 (1.5 hours), \$42 (2 hours)
Competitive & Championship (2-3 classes per week)	\$20 (1 hour), \$25 (1.25 hours), \$30 (1.5 hours) \$40 (2 hours)	\$22 (1 hour), \$27 (1.25 hours), \$32 (1.5 hours), \$42 (2 hours)
Adult Beginner & Advanced (1 class per week)	\$11.50 (1 hour), \$17.25 (1.5 hours)	N/A

Note that the fees above include HST.

## \*Coaching Fee

All competitive dancers with two or more dances in Novice (or above) will be charged a coaching fee. The coaching fee is 10% of a dancer's class tuition (before taxes), and is due at the beginning of each term. For example, if a term's pre-tax tuition is \$500, the coaching fee will be \$50. Competitive students paying on a per-class basis will also pay the coaching fee. The fee is percentage based, and is proportionate to the number of classes taken (and thus competition level). Recreational dancers and/or dancers in beginner/ advanced beginner are not charged the coaching fee. Once a dancer has at least 2 dances in Novice, the fee will be charged at the beginning of the next full term.

The fee is meant to help cover the costs of having instructors attend feiseanna/ major competitions (e.g., Oireachtas, North American Championships, World Irish Dance Championships) to provide students competition coaching. The fee is designed to contribute to competition-related overtime of instructors. It does not affect treatment or level of service received in dance classes. Related activities include assisting with registration and travel plans for competitions, arranging practices for dancers

while away, helping dancers and families navigate feiseanna and major competitions, assisting with day-of preparations (e.g., hair & makeup), providing support and feedback on performance throughout the competition, attending awards and results, and fostering a social and community environment for all Rising Tide families. By charging this fee, the instructors at Rising Tide commit to having at least one teacher attend all major competitions regardless of the number of dancers participating and all feiseanna where three or more Rising Tide families are competing unless an extraordinary circumstance, or academy funds prevent them from doing so.

## Family Pricing

Rising Tide is pleased to offer a price discount for families with more than one sibling registered for classes in a given term.

Sibling	Term Fee/Discount
Sibling 1	Full Term Price
Sibling 2	10% Discount off Full Term Fee
Sibling 3 (and all subsequent siblings)	15% Discount off Full Term Fee

Please note that sibling order will be determined by class level; the child in the highest level class will be listed as Sibling 1. For example (note the term fees listed below are for illustrative purposes only):

### Example 1 (siblings different levels):

Sibling	Term Fee	Discount Applied	Final Term Fee
Janet (Championship)	\$1000	N/A	\$1000
Lucas (Competitive)	\$600	10%	\$540
Brigid (Beginner)	\$150	15%	\$127.50

### Example 2 (siblings same level)

Sibling	Term Fee	Discount Applied	Final Term Fee
Shannon (Beginner)	\$150	N/A	\$150
Andrew (Beginner)	\$150	10%	\$127.50

If you are registering more than one child, please reach out to us directly so we can help you calculate your total term fees.

## T-Shirt Fee

All students will be charged an annual \$11 (plus tax) fee to cover the cost of a school t-shirt. New students will be charged the fee in their first term; the fee will be included in Fall term tuition for returning students. Students that join Rising Tide in the Winter or Spring term will be charged the \$11 (plus tax) fee in their first term (e.g., Spring 2015), and will not be charged the t-shirt fee again until the Fall term the following year (i.e., Fall 2016).

## Registration

A registration, waiver form, and Code of Conduct contract must be completed and submitted by the first night of class. In the case of families with multiple dancers, each dancer must complete their own set of forms. All forms can be found on our website. Completed forms can be scanned and emailed, mailed or brought to the first night of class.

## Payment Schedule & Methods

Payments are due the first class of the term as cash or cheque. Cheques are payable to Rising Tide Irish Dance Academy. You may choose to pay term fees in a lump sum, or in four (4) cheques post-dated to the first of every month in the term (e.g., January 1, February 1, March 1, and April 1). If payment is not received by the last day of the first month of the term (i.e. January 31, May 31, September 30) dancers will not be permitted to enter class until payment is received. Drop-in fees are due at the beginning of every class.

## Cancellation and Refunds

Rising Tide Irish Dance Academy reserves the right to merge classes with the level below or above (e.g., Competitive and Championship), or cancel classes if a minimum enrollment of four dancers is not met. If your class is cancelled, a full refund will be given. Refunds will be granted should a dancer decide to withdraw from classes. A full refund will be given if the dancer withdraws prior to the start of a term. Once the term begins, a refund will be granted for the remaining unattended classes. Please note, non-attendance does not constitute a withdrawal; please notify us directly if you wish to withdraw.

# Class Regulations

## Attendance

Students are expected to attend every class for which they are registered. However, we recognize that sometimes unforeseen circumstances make that difficult. If you (or your child) are unable to attend class, please email your instructors to inform us of the absence. Refunds will not be provided for missed classes. If you wish to withdraw from class please contact us.

## Parent's Day

Only instructors and students should be in the classroom during class time. Parents will be invited to join us in class once per term to see your child in class and how they are progressing. We will provide you with more information about Parent's Day (including dates and times) closer to the event.

## Dress

Students should wear clothing appropriate for exercise: shorts (or leggings), poodle socks, t-shirt (no spaghetti straps), and a sports bra (if appropriate). Long hair should be tied back off the face. Proper Irish dance shoes should be worn, except in the case of beginners who are permitted to wear any cloth or soft leather dance slipper.

## Equipment

Students should bring the appropriate footwear and a water bottle to class. All other belongings can be left in the Halifax Dance change room.

## Behaviour

Students and Instructors are expected to sign a Code of Conduct at the beginning of each calendar year. A copy of each Code of Conduct has been included at the end of this handbook and with the registration package.

**Please bring a signed copy of the Student Code of Conduct to your first class.**



## Appendix

Instructor Code of Conduct  
Student Code of Conduct

# Rising Tide Instructor Code of Conduct

As an Instructor at the Rising Tide Irish Dance Academy, I commit to:

- Taking responsibility for the success of our students by:
  - Coming to each class prepared with lessons, choreography, and/or exercises
  - Supporting and encouraging our students through goal setting and feedback, whether in the classroom, at a performance, or a competition
  - Offering students tips, strategies, and exercises to practice in and outside of class
  - Adding our full value in each and every interaction with students
  
- Taking responsibility for the success of Rising Tide by:
  - Operating in a respectful, honest and supportive manner to students, fellow instructors and Rising Tide community members
  - Acting as an ambassador for the Rising Tide brand in every interaction with members of the Irish dance and broader community, whether in the classroom or elsewhere
  - Identifying and pursuing opportunities to grow Rising Tide and raise the profile of Irish dance in the region
  - Demonstrating good sportsmanship and being gracious in victory and defeat
  - Communicating with community members clearly, openly and in a timely manner, on all matters affecting students and the school
  - Conducting business in a fiscally responsible manner to ensure the long term economic success of Rising Tide for all partners

By signing this code of conduct, it means I understand what is expected of me, and promise to live up to these commitments each and every day.

-----  
Signature

-----  
Date

# Rising Tide Student Code of Conduct

As a student at the Rising Tide Irish Dance Academy, I commit to:

- Taking responsibility for my attitude by:
  - Coming to each class with a positive mindset
  - Trusting that my instructors and classmates have my best interest at heart
  
- Taking responsibility for my behaviour by:
  - Arriving on time to every class with proper footwear and attire, prepared to learn
  - Actively participating in each and every class
  - Supporting and encouraging my classmates
  - Acting in a respectful, honest and supportive manner to instructors and students
  - Courteously accepting, and giving, feedback
  - Demonstrating good sportsmanship and being gracious in victory and defeat
  
- Taking responsibility for my own dance career by:
  - Practicing at home to improve my skills
  - Setting goals that push me to be better
  - Living up to the commitments listed here

By signing this code of conduct, it means I understand what is expected of me, and promise to live up to these commitments each and every day.

-----  
Signature

-----  
Date