



## Consent Form

I have chosen to undertake performance training with The Other Acting School after consideration of the following risks and measures to minimize risk.

### Risks and measures to minimize risk:

- **Movement Classes, Dance and Physical Activity**
  - Experience level – your level of skill is related to your risk of injury. *Make sure you follow the instructions of your instructor. Ask questions if you're unclear. If you are experienced, don't underestimate your need for clear instruction.*
  - Fitness level – muscles are more likely to be injured when challenged or stretched beyond their capacity no matter whether you're at an excellent, average or poor level of fitness. *The best way to get stronger is through controlled, gradual progression.*
  - Technique – misunderstanding or overlooking technique can result in injury. For example, bringing your foot down to the floor with more force than necessary can injure soft tissue and bone. *You should be patient and observant when technique is being explained, observe demonstrations attentively and ask for explanation if it is unclear to you.*
  - Posture – a disengaged “core” or weak muscles in the back and abdomen can increase the risk of injury to almost all areas of the body. *Practising good posture and core-strengthening exercises in your warm-up will help prevent this.*
  - Fatigue – tired muscles tends to be less responsive, resulting in loss of form, technique and the strength necessary to perform safely. *Monitoring your fatigue level while pushing to improve is necessary. Stay hydrated and nourished while training.*
  - Hazards in the environment – working on a hard floor, an uneven surface, or on carpeting can result in injury. Improper footwear, wearing jewellery or buckles or spilt liquids are also a hazard. *You can minimize this risk by*

*assessing the floor prior to work, removing any hazards and dressing appropriately.*

- Overtraining – physical exertion for too long or too often can lead to a wide range of overuse injuries. *Monitor yourself for signs of fatigue over long periods of time and modify any out-of-class activities to compensate.*
- Resting an injury – returning to training before an existing injury has healed can aggravate the condition.
- Warming up – working “cold” muscles may cause injury. *We suggest you make time to warm up for 10 minutes prior to class in a stretching routine.*
- **Acting and Character Work**
  - Emotional exhaustion – some exercises and performances can cause emotional fatigue or leave residual feelings and images in your mind. *You can minimize this risk with self-care and seeking advice about how to compartmentalise your performance life and your non-performance life.*
  - Triggering content – dramatic scenes often portray aggressive or emotionally violent situations. This may trigger personal feelings and defenses. *We suggest that you make yourself and those you work with aware of any possible triggers before taking on a role. That way your teachers and classmates can respond appropriately and sensitively if issues arise.*
  - Confronting situations – the morals, use of curse words, portrayals of sexuality, spirituality and politics in a performances may confront your beliefs. *We suggest you read scenes thoroughly and consider the benefits and strengths of the work. Discuss any issues well in advance of any commitments to your scene partners, director, teacher and classmates.*

## **Consent to undertake training:**

By signing below, I acknowledge that I have read and understand the above and have had the opportunity to discuss this information with my instructors to my satisfaction. I hereby consent to train as an actor knowing the risks and how to minimize them.

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Print Name

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Signature

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Date