



ACCESSIBILITY

at STUDIO 303

INTRO

In 2021, Studio 303 conducted a consultation with Montreal's community of Deaf and disabled artists to reflect on the accessibility of our activities. As a first course of action for the 21-22 season, our focus will be our professional workshops. We will be offering 2 or 3 workshops that will be open to all, but designed primarily to meet the needs of these artists.

We are working on better communicating the level of accessibility across our programming.

That is why we are asking you to provide a **50-150 word paragraph to give more details about your workshop**, to go alongside your biography and workshop description on the website.

#1 Avoid discomfort by communicating your limits

It can be uncomfortable to say that you are not able to accommodate a certain clientele in your class. However, the goal is to allow participants to make an informed decision when registering based on the conditions described, for you to feel comfortable, and for 303 to provide support when needed.

#2 It doesn't have to be complicated!

You know your content and have your own pace, structure, and way of accompanying the artists. If you want to keep some elements a surprise, you don't have to reveal everything about your class! Go with the key points.

#3 Discover the potential

Take this writing time as a self-reflection that allows you to observe the **potential** for accessibility in your workshop.



A FEW NOTIONS

Deaf artist

Many deaf artists use American Sign Language (ASL). The presence of an interpreter is therefore required to ensure the artist's participation in the workshop. Although the delay in interpretation is minimal, the artist cannot watch the interpreter give instructions while also watching the teacher demonstrate. If the instructions are given in action, the performer may miss important information. Consider the importance of discussion in your workshop and how you convey instructions to allow the whole group to move at a similar pace.

Artists with physical disabilities

Many artists with physical disabilities or reduced mobility are able to adapt the material suggested according to their abilities. It is important to be sensitive to the person's reality (images used, body parts mobilized) and to demonstrate some flexibility in the course of the workshop, when possible. The group may need to adapt to support their presence in the space.

An artist with a physical disability may be completely independent or may require the presence of an in-studio assistant. Consider the group's ability to adapt to the presence of a duo or mobility aid, especially if there is a lot of travelling through space, physical barriers, or if fast motion is required.

Artist with a visual disability

There are different degrees of vision loss. The environment and resources available to an artist with low vision will have a great impact on their participation. For example, a workshop that involves a lot of movement and fast motion, or one that has poor lighting, may be difficult or even dangerous. Consider whether the group will be largely responsible for the individual's care and safety, or whether the workshop format allows for greater autonomy. Also consider the amount of visual information you are conveying in your workshop.

Artist living with a mental health disorder, autism spectrum disorder or intellectual disability

Mental health disorders, intellectual disabilities, and autism are sometimes invisible and are often considered taboo subjects. Artists living with a mental health disorder, autism spectrum disorder or intellectual disability may need more time to respond to an instruction, express their needs or thoughts.

Consider the clarity of the instructions and the possibility for the artist to partially respond, not respond at all, or respond differently to them. Also consider the pace of the workshop and the communication of the process the group will go through. All of these factors can help with the artist's social stress level and facilitate their participation. The rest of the group may not be familiar with the artist's challenges, so some facilitation may be needed to ensure a comfortable group cohesiveness.

Service Animals

Service animals are trained to work in a variety of social and professional settings without disrupting the flow of activities. Should there be a service animal in the studio, we will notify you and the participants. Please let us know if you have any animal allergies or discomfort.

We will contact you should any further information be required or if we receive any specific requests from potential participants.

EXAMPLES

Some specific questions you can answer in your paragraph:

- Are all body parts being engaged in the workshop? Are some of them focused on more specifically?
- Do the exercises require the use of props? If so, which ones? Are they provided or do participants have to bring them?
- Is there any partner work? (duo or group, with contact, discussion/action)
- Does your workshop require physical strength? Endurance? Cardio? Fine motor skills? Any other specific physical requirements?
- Are there any intense light effects? If so, is it during most of the workshop, half of it, or just a little bit (e.g., 1 hour out of 15 hours) or at a specific time?
- Is there loud music? If so, is it during most of the workshop, half of it, or just a little bit (e.g., 1 hour out of 15 hours) or at a specific time?
- Does oral communication (dialogue, explanation, conversation, talking circles) take up a lot of time in your workshop?
- Is your workshop flexible in its format? (e.g., taking extra time to do an exercise or taking a break between sections)
- Are all or some of the instructions adaptable?
For instance, you could give several instructions for the same exercise: *fast execution for this exercise but each participant can go at their own pace and ability. If done slowly, visualize this or that while doing it.*
- Is there a similar structure in every session of the workshop? New content? An increase in difficulty or speed during the week?

A 100 word text example: 15 hour workshop

Every day of the workshop, we will explore a concept of the theme "x,y,z" in our body. The first part of the morning is usually dedicated to a discussion of the theoretical concepts of "x,y,z". We will then warm up all parts of the body with loud electro-pop music played in a party-like atmosphere: fast movements, jumps, and cardio exercises. Some explorations will also include dancing in sub-groups of 3 people that involve physical contact and supporting one another's weight. All instructions are given verbally and are followed by a demonstration. The pace can easily be adapted to the participants' needs. It is possible that the sessions will end with a meditation on the floor in the dark. People with reduced mobility may experience challenges.