

Thank you very much for your interest in participating in our dance injuries project.

We have included information and details of our research below, and the preparations you need to make (e.g. clothing to wear) before coming for the body scanning and interview.

There are also directions of where we are located, which I hope will assist you in getting here. However, please feel free to contact either Jen Tarr or Karen Wong who are the research fellows on this project, if you might have any further queries.

E-mail: j.tarr@fashion.arts.ac.uk or k.y.wong@fashion.arts.ac.uk

Telephone: +44 (0) 207 514 2288

Mobile/Text: 07984 633 850

We look forward to hearing from you.

Jen Tarr and Karen Wong (Researchers)

Information Sheet

We would like to give you some information about the project and your participation in it, should you choose to become a participant. The research aims to examine how dancers distinguish between pain and injury and how body re-education and/or dance technique impact on their bodies and injuries. To do this, it will explore the use of body scanning and mapping as a tool for identifying injury and its warning signs. The research is non-medical and the emphasis is not on diagnosing problems, but rather on examining how dancers make sense of their bodily experiences of pain and injury, as well as the consequences this may have in terms of their careers. The research will feed into the work done by Dance UK around the Healthier Dancer, and will help to develop your professional practice by increasing your understanding of your body and its strengths and weaknesses. The process of pain mapping can help you to see the relationship between old and new injuries, pain, and places of strength and weakness in your body, supporting a more holistic view of your health and well-being.

The project is funded by the Arts and Humanities Research Council and has full ethical approval of the Ethics Committee of the University of the Arts London.

As a participant in this research project, you will be asked to take part in an interview about your dance training and experiences of pain and injury and to undergo a scan using a three-dimensional full body scanner at London College of Fashion. We will reimburse your costs for a one-day travelcard to the College, which is located in the heart of Central London close to Oxford Circus.

The body scanner was used to scan 11,000 people for the Size UK project, which received a great deal of media coverage last year. The scanner uses normal white light to produce three-dimensional images and is completely safe. The scanner booth is private and there is a changing room attached for disrobing prior to the scan. In the interview, which will take approximately one hour, you will be asked to reflect on your bodily experiences in relation to pain and injury and to map sites of pain, injury, strength or weakness on the scanned representation of your body. The focus will be on your history and

experiences, with the goal of helping researchers understand how dancers interpret pain and injury and the relationship between them. The interview may be videotaped for further analysis although you may opt out of this if you wish.

You will be provided with a copy of the mapped scan to take home, which may be useful in your consultations with health professionals around current or future injuries. You will also be invited to a feedback seminar at the end of the project where you can hear about the results of the research and share your thoughts about being involved.

If you are willing to participate in this important research, I would be grateful if you would read the attached form, which you will be asked to sign to consent to the interview and the scan. The enclosed survey will provide us with an overview of your background and injury history, and collecting this data in advance will speed up the interview process. Please bring these with you on the day of the interview. Also enclosed is a sheet detailing what you will need to do to prepare for the body scan. If you have any questions regarding the research please do not hesitate to contact me. There will be a further opportunity for you to ask any questions prior to the interview.

Preparing to be Scanned

• You will be scanned in a private cubicle using digital 3D technology which is completely harmless. The 3D scanner uses white light and is not an X-ray. There are no medical implications.

- The scanning process takes no longer than three to four minutes and will generate a 3D image of your body.
 - Your scan will remain completely anonymous.
 - **You should bring light coloured, close-fitting outer clothing and undergarments of the kind you might wear in a dance class - for example, vests and tights. The aim is to produce an image onto which you will be able to mark sites of pain and injury, so it is important to bring close-fitting clothing so that a clear image can be generated. The scanner works best if you have minimal underwear clothing and so it is best if you are scanned in light coloured underwear, if you are happy to do this.**
 - Stud earrings or normal rings are fine, but no bangles, drop earrings, watches, glasses or big jewellery should be worn.
 - Please tie your hair away from your neck and avoid dangling ponytails. Hair buns should be tied back at the back of your head, not on top.
 - **Due to flashing light, the scanner is not recommended if you have epilepsy.** If this is the case please let the staff know and arrangements will be made for an alternative body mapping process. If you suffer from asthma, diabetes, or carry a pacemaker, please inform the staff.
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Location Details

These are the detailed directions for how to get to London College of Fashion.

Address: 20 John Prince's Street. London W1G 0BJ.

LCF is just off Oxford Circus. From the tube station, cross Oxford/Regent Street until you get to the corner with the large H&M. Walk down Oxford Street, past that, and turn right. That street will be JPS. We are half way up next to BHS and opposite Ponti's.

Hope these directions will be of some help.

If you would like reimbursement of your travel fare, we will be happy to cover a one day travel card. Unfortunately our resources department needs a printed card and not oyster cards for administrative purposes and record of expenses - apologies for the inconvenience if you do use an oyster.

Upon arrival at the entrance of LCF, please let security at front desk know that you are a participant on the Dance Injuries Project, and that you are looking for the Research Office (Room 308-309). Do ask him to direct you to the lift that will bring you to the 3rd Floor. He can confirm this with me by dialling my extension 2288 to let me know you are here. Turn left and walk down the long corridor on exiting the lift, our office is almost all the way at the end of it.

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Dr. Jen Tarr and Karen Wong
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