

Health and Safety

The Department of Music is housed in the College Park Center (CPC), which is, as of the fall of 2014, the largest academic building on the University of Dayton campus. The CPC location brings all UD arts programs together in the same central location. Music is housed on the first and fourth floors with the Theatre Program, which is part of the Department of Communications. The Department of Art and Design is located on the second floor.

The College Park Center, a former industrial building, is a large and highly secure structure. Entrance is by card and key access only, hallways and offices have motion-activated lighting, and the Office of Safety and Security is located on the first floor. The first floor also includes the Theatre Program's black box theatre and dance studio and three acoustically treated music rehearsal rooms for band, orchestra and choir. Outside of the rehearsal space are banks of Wenger lockers used for instrument and equipment storage. There is additional storage inside the rehearsal rooms, which are located near the building's freight elevator and loading dock for ease of moving to performance venues on and off campus. In the past students and faculty have handled all equipment moves. A local moving company is contracted to assume responsibility for these moves. A planned new Center for the Arts near the CPC will reduce significantly the need for most of these moves and related expenses. Music facilities on the fourth floor of the CPC, including offices; classrooms; studios; a Music Therapy observation clinic; a Javanese Gamelan rehearsal room; a music technology lab; storage space; lounge and study areas; and practice modules, are large and spacious. Vending machines are available to students on both the first and fourth floors, along with café food service on the fifth floor.

Faculty in the Department of Music make a concerted effort to provide for the health, safety, and general well-being of students, staff, and each other. Individual faculty address specific health and safety concerns related to their individual performance areas. Special attention is given to overuse injuries, equipment lifting and moving, stress management, audition and performance anxiety, spiritual needs, and potentially harmful personal behavior. All faculty are increasingly pro-active in how they address specific needs of everyone engaged in the work of the Department. Health and safety information is communicated as part of the weekly Friday-at-one recital hour, in faculty meetings, in the ASI 150 course for first-year music majors, during music majors' weekly professional development classes and studio master classes, in the Music Handbook (<http://academic.udayton.edu/musichandbook/>) and on the Department web site (www.go.udayton.edu/music). Following is a list of specific information about the Department of Music's attention to health and safety.

Emotional/Mental Health:

- Master class instruction in guided relaxation is provided for voice students at least once in each academic year

- Speakers from the upper administration, including from Student Life, speak to marching band students at band camp and at other times during the season about behavior concerns, including those related to alcohol abuse and sexual violence
- Social time is provided for marching band students to help reduce stress
- Music history and theory test schedules are coordinated to allow teachers to plan major tests for different times during the semester to help decrease student stress
- Total relaxation is often used to begin choral rehearsals and is a regular part of the spring semester Eurhythmics class
- Faculty pay attention to times e-mail messages arrive from students, indicating a too late night, and advise them accordingly
- Faculty encourage students to go to the counseling center when needed and help them get in sooner in an emergency and to the Learning and Teaching Center for academic assistance

Physical Health:

- Faculty who lead weekly string master classes bring in outside professionals such as physical therapists, massage therapists, and yoga instructors for regular presentations
- Instructions are provided to string players for stretching before playing and during practice sessions
- Physical warm-ups are stressed in guitar lessons and classes
- Music therapy student attention is drawn to balance in carrying multiple and heavy items to and from off campus practica locations
- Regular hand washing and the use of disinfecting liquid following off campus practica sessions and field work is encouraged for music therapy and music education students
- Music therapy students in practica at Dayton Children's Hospital are required to get flu shots
- Some Music Education field placements require TB screening tests; all students observing or teaching in the field are encouraged to have TB tests and to get flu shots
- Physical health is addressed through discussion in weekly voice master classes
- There has been a change to healthy lunches and snacks and lots of water rather than sodas at all Marching Band game performances
- The number of Marching Band performances has been increased to keep students from less desirable activities and to maintain student fitness levels
- Marching band students engage in regular fitness work-out routines, including calisthenics and jogging
- Instrumentalists have their own mouthpieces to use with university-owned instruments
- Sterilization spray is used for school-owned instruments in Music Education methods classes; wind instruments are cleaned and serviced at the end of each academic year

- Health and safety issues are part of the percussionist's daily routine and challenges; carrying and moving equipment issues are discussed, and players use ear plugs regularly in rehearsal and performance to help protect hearing
- Certain piano studio teachers focus on techniques for playing without hurting the body in the process
- Some faculty and staff members regularly get up from their chairs and desks in offices and at meetings to take breaks from long periods of sitting
- Some faculty discuss dietary restrictions and available food on campus in advising appointments
- Student office workers are asked to wear ear plugs when they operate the office program folding machine or the Braille printer
- Some faculty model a commitment to physical health by exercising at the university recreation center, including interacting with students at the facility when they are there at the same time

Vocal Health:

- Students are encouraged to drink water constantly and to carry water to use when teaching off campus
- Students are encouraged to use hand sanitizers, to wash their hands frequently, and to take other precautions to avoid upper respiratory infections that may cause them to lose their voices
- Hand-outs are distributed in voice studios regarding vocal and general health
- Physical and vocal warm-ups are led and stressed in choral rehearsals and opera workshop classes
- Wireless microphones are provided for faculty members with specific vocal problems

Spiritual Health:

- The department strives to be inclusive of students and faculty with diverse beliefs
- Ebony Heritage Singers' rehearsals include an opening prayer request time
- Marching band has open discussion about faith and prayer and is led in prayer before games and meals
- The spiritual component from the Indonesian culture requires Javanese Gamelan players to remove shoes; shoes are worn, however, when equipment must be moved on and off shelving or to a performance venue
- At least one faculty member prays with students just prior to performances
- One faculty member leads a weekly Bible study

Performance Health:

- Professional development workshops, master classes, and ASI 150 classes, which serve as an introduction to the university for first-year students, have active workshops on the subjects of performance and audition anxiety

Additional Information:

- An effort is being made to speak to music majors together at least twice each year at the beginning of one of the weekly Friday-at-One gatherings about health and safety standards and NASM accreditation standards in this area
- Additional special carts have been purchased to help ease Gamelan instrument moves; the Department has purchased hand-trucks for ease of moving some heavy items.
- Disinfectant cleaner is in use to clean door handles, piano keys, computer keyboards, telephones, and office counter and desk areas; cleaner dispensers are provided in the hallways by the University
- Faculty have been asked to incorporate information about health and safety concerns in all course syllabi and to lead discussions on the subject regularly in ensemble rehearsals, studio lessons, and other classes
- Faculty, students, staff, and administrators are encouraged to discuss these areas of concern with one another, including but not limited to during semester advising appointments and in professional development classes
- Offering base-line hearing tests for all incoming music majors is under consideration
- Required flu shots and TB tests for all MUT and MUE majors who are scheduled for off campus field work and practica assignments is under consideration
- Offering Alexander Technique and/or Feldenkreis workshops or classes on campus for students and faculty is under consideration