

SUNDANCE 2020 DRESS CODE

Notices for All Dancers:

- **Jewelry** should be kept to a minimum (e.g. studs and small piercings only; please no dangling earrings, bracelets, or necklaces)
- **Nails** groomed short and natural/neutral
- **Hair** must always be pulled securely away from the face and neck (please use bobby pins, clips, a headband, etc. as needed), and long hair must be fully secured for ballet (e.g. bun, French twist, tidy pinned-up braids, etc.)
- Any **warm up attire** must be sleek and fitted to the dancer's body
- If wearing **socks**, a high cotton content (at least 75%) is recommended; please be mindful of your dance surface at home to ensure your socks will not be too slippery
- For more information regarding **flesh-tone tights and shoes**, [click here](#); some brands that manufacture/resources for purchasing flesh-tone dancewear can be found [here](#)
- Consider the background of your video — **contrasting dancewear tones from your backdrop** may be helpful for the instructor see you on screen more clearly (e.g. all-black uniform against a dark background may be harder to see), and ensure **sufficient front-light** to avoid silhouette
- **All dress code will be enforced at the instructor's discretion**; if an instructor requests or permits any attire for their specific class that differs from the list below, please adjust accordingly

Please note that CCDT accepts gender-neutral dance attire. If the dancer chooses, they may wear close-fitting, solid-color dance attire not on this specified list. Hair must always be pulled securely away from the face and neck, and appropriate footwear must be worn for the class.

Ballet

Girls:

- Leotard (any style/colour)
- Pink or flesh-tone tights with pink or flesh-tone full-sole or split-sole ballet slippers

Boys:

- Fitted t-shirt or tank top (black, white, grey, or navy blue)
- Black boys'/men's ballet tights or leggings (footed or footless) with black, white or flesh-tone full-sole or split-sole ballet slippers
- White ankle socks optional

Modern

Girls:

- Leotard (any style/colour)
- Pink, flesh-tone, or black footless tights with bare feet
- Socks may be permitted for the first part of class at the instructor's discretion

Boys:

- Fitted t-shirt or tank top (any solid colour)
- Black footless tights or leggings with bare feet
- Socks may be permitted for the first part of class at the instructor's discretion

Conditioning

Girls:

- Leotard (any style/colour)
- Pink, flesh-tone, or black footless tights with bare feet
- Hair: avoid ponytails or buns at the centre of head as this may be uncomfortable for supine work (e.g. secure long hair low or high on the head)
- Additional fitted, solid-coloured layers may be permitted at the instructor's discretion
- Socks may be permitted at the instructor's discretion

Boys:

- Fitted t-shirt or tank top (any solid colour)
- Black footless tights or leggings with bare feet
- Additional fitted, solid-coloured layers may be permitted at the instructor's discretion
- Socks may be permitted at the instructor's discretion

Improvisation & Composition*

All Dancers:

- Comfortable dancewear you can move in (leotard and tights also remain acceptable)
- Solid colours preferred, avoid logos/graphics/designs
- All necklines and cuts of clothing should be modest and appropriate for training (e.g. please no crop tops, booty shorts, sports bras without a shirt, etc.)
- Socks, bare feet, or other footwear may be worn at the instructor's discretion

Dance Discussion*

All Dancers:

- Comfortable clothing appropriate for online Zoom discussions, unless dancewear is requested in advance by the moderator

**A notebook and a writing utensil are recommended for these classes*

Jazz (Program B Only)

Girls:

- Leotard (any style/colour)
- Pink, flesh-tone, or black footless tights, or black leggings, or black jazz pants
- Black or flesh-tone jazz shoes

Boys:

- Fitted t-shirt or tank top (any solid colour)
- Black footless tights or leggings, or black jazz pants
- Black or flesh-tone jazz shoes