

# Pacific Northwest Ballet School

Handbook 2025-2026

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**Pacific Northwest Ballet School**

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Seattle, WA 98109

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## Message from the Director

Fall is full of anticipation for all of us at Pacific Northwest Ballet School, as hundreds of students of all ages enter our studios, some returning and some for the first time. Another school year begins.

I am fortunate not only to teach our students, but also to watch as our renowned faculty inspires young dancers through music, movement, and classical ballet technique. Many young performers will have their onstage debut, their first bow, and the rush of hearing thousands applaud their accomplishments. We offer our students a daily opportunity to watch the entire spectrum of a career in classical ballet, by observing PNB Company members and other professional dancers in their daily class, in rehearsals with some of the world's most respected staggers and choreographers, and in performances at McCaw Hall.

Our goal is to provide inspiration, instruction, and encouragement to all of our students in a healthy and positive environment. How proud we are to watch students thrive in dance and graduation from our School to perform with great dance companies and college dance programs around the world. We are equally proud of those who may only study with us for a brief period of time. We hope during that time to share with them the rewards of an extraordinary art form. We look forward to the coming year and welcome our students and families into our School.



Peter Boal  
Director of the School

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## Inclusion, Diversity, Equity, and Accessibility at PNB School (IDEA)

Pacific Northwest Ballet School has a long, committed history of diversity and inclusion coupled with a willingness to identify the need for systemic change within our School and field. The 1994 founding of DanceChance, the 1997 implementation of community education programs, the 2019 addition of STG Dance for PD®️, and our 2023 Dance for All inclusive creative dance class pilot serve as cornerstones of PNB School's commitment to offering dance to all.

Our School recognizes the benefits of dance reaching far beyond movement to music. Dance is a catalyst for confidence, creativity, collaboration, understanding, community, and self-esteem. Dance allows students of all ages to discover themselves and the possibilities of their expression.

In recent years, we have prioritized efforts to advance inclusion, diversity, equity, and accessibility at PNB School, creating policies and programs that ensure every PNB student and family feels a sense of belonging, acceptance, and support. Our School honors students' personal pronouns, limits gender references in class and in printed materials, provides gender-neutral restrooms, offers the option of flesh-colored tights and shoes in all levels, and allows all students of all genders to train on pointe. The Mentorship Program, led by Company dancers, supports advanced students and the DanceChance Mentorship Program pairs upper and lower level DanceChance alumni to foster connection. We serve as an LGBTQ+ safe space and are currently developing a Black affinity group to provide community and a forum for dialogue. Our faculty, staff, accompanists, and professional division students participate in ongoing racial equity training, with additional diversity training specific to instructors.

Additionally, we have established programming that offers focused opportunities for our students to nurture their artistic voices. New Voices and New Voices II provide choreography classes for young women in Levels VII and VIII. Our exchange program facilitates experiences for our students to study internationally and reciprocally hosts students from around the world at PNB School, through partnerships with Canada's National Ballet School and Royal Danish Ballet School. Through continued expansion of our Summer Course audition locations nationwide and the opportunity to audition virtually, we hope to welcome a more diverse student population in our upper divisions.

Thank you for walking alongside us as we continue to learn so that we may together build a brighter tomorrow that is more aware, responsive, and inclusive to the needs of our students, families, and community.

Please visit our website to learn more about PNB's Inclusion, Diversity, Equity and Accessibility initiatives: <https://www.pnb.org/aboutpnb/idea/>

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[About](#) | [PNB School](#) | [Pacific Northwest Ballet](#)

Pacific Northwest Ballet School offers classes for students age four through adult who enjoy dancing as well as for those who wish to pursue a professional career. Locations in Seattle and Bellevue feature beautiful large studios, sprung floors, regulation-height barres, spacious dressing rooms, a library, Pilates studio, and student lounges. PNB School schedules 220 classes per week between the Seattle and Eastside locations.

*Pacific Northwest Ballet School is a non-profit organization 501(c)(3).*

*Pacific Northwest Ballet School reserves the right to change without notice any statement in this handbook concerning, but not limited to, rules, policies, tuition, admission, evaluations and curricula.*

*Notice of Non-Discriminatory Policy: Pacific Northwest Ballet School admits students of any race, color, gender identity or presentation, sex, sexual orientation, religion, and sensory or mental disability to all the rights, privileges, programs and activities generally accorded or made available to students at the School. It does not discriminate on the basis of the aforementioned in administration of its education policies, admissions policies, scholarship programs, performance casting, or any other School administered programs.*

## ADMISSIONS & ENROLLMENT

Children's Division classes (Duet, PNB Tots, Creative Movement, Creative Dance for Boys and Pre-Ballet) have an Open Enrollment policy. These classes fill quickly and are on a first-come, first-served basis. Students enrolled in Pre-Ballet classes are evaluated in the spring by PNB School faculty, in consultation with the School Principal, for suitability to the demands of Level I in the Student Division. Advancement from Pre-Ballet to Level I is not automatic. We want to celebrate each student's unique journey through our school and understand that each student will grow and develop at their own rate and in their own time. *Students are not required to participate in a gender specific class.*

Enrollment in the Student Division (Levels I-VIII) or the Professional Division is by audition only. Returning students are evaluated each year for advancement to the next level. Auditions for new students ages 8 to 18 are required for admission into the academic year program. Students age 13-18 who wish to be considered for the school year should contact the School to arrange an audition if they meet the following criteria: 1) At least 4-5 years of classical ballet training; 2) Minimum of two years of pointe work (exceptions may be made for younger students auditioning for Level IV); 3) Currently studying 10-14 hours per week

## Promotions & Conferences

All students enrolled in the Children's Division/Student Division receive written confirmation of class placement with registration materials in the Spring, if continuing the program for the following school year. All students will spend more than one year in one or more levels dependent on evaluation.

Student conferences are held each year online (via Zoom) for students in Levels III through VIII to discuss progress and goals. Students in Level II and below do not receive a formal evaluation. Students will be evaluated by their current instructors in consultation with school leadership. The evaluations address effort, improvement, attendance, understanding of ballet concepts, technical development, and how a student responds to the physical demands of PNB's syllabus. Conferences last approximately 20 minutes and involve the student, parent(s) or guardian(s), and faculty and staff. Students are expected to take notes in their class journal (see below) during the conference to use as a reference during the school year. It is important parents discuss these reports and evaluations with their child to ensure there is a shared understanding of the student's progress.

The Managing Director and/or PNBS Principals are available to answer any questions or concerns throughout the year. Appointments can be made through the school office. All school leadership and staff are available to answer any questions during business hours ([pnbschool@pnb.org](mailto:pnbschool@pnb.org)).

## PROGRAMS & CLASSES

Pacific Northwest Ballet School is divided into three divisions designed to encourage each student's technical development. The school's syllabus, developed by the Director, School Principal, and faculty, establishes classroom curriculum, teaching methods and defines how it is to be taught, thus ensuring consistency within the school. The syllabus is periodically reviewed by the Artistic Director and faculty, and enhanced with the objective of offering the finest possible ballet training.

### Children's Division

Children's Division classes introduce children ages two to seven to music and movement through a progression that stresses creativity and group interaction. Students in Creative Movement, Pre-Ballet and Creative Dance for Boys participate in an annual spring performance, *Petite Finale*, in May. No audition is required for enrollment in Children's Division classes. Parents are invited to watch class on designated observation days.

Click the links below for more information on each class.

[Duet \(ages 2-3 with parent/caretaker\)](#)

[Tots \(age 4\)](#)

[Creative Movement \(ages 5-6\)](#)

[Creative Dance for Boys \(ages 5-6\)](#)

[Pre-Ballet \(age 7\)](#)

### Student Division

Children ages 8-18 enter the Student Division by audition. If accepted, the student is placed in one of eight curriculum levels. Students learn progressive levels of ballet technique following the school syllabus for each age-appropriate level. Yearly advancement is based on faculty evaluations of the individual student's technical ability, physical aptitude, strength, classroom effort and attendance. In order to progress to Level IV, students must meet minimum standards required for beginner pointe work. The study of pointe work is open to all genders. Modern class curriculum is an integral part of the required core curriculum for Level V and above. Dancers in the Student Division will be invited to participate in the *School Performance* at McCaw Hall in June.

Continued.

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Click the links below for more information on each class.

[Level I](#)

[Level II](#)

[Level III](#)

[Level IV](#)

Level V & Up: Please reach out to the School at [pnb.school@pnb.org](mailto:pnb.school@pnb.org) for specific information regarding these levels.

### Class Journals

All students in Level III and above are required to keep a class journal to record corrections and conference notes. At the discretion of the student's instructors, students may be expected to bring this notebook with them to every class. We recommend that at the end of each class, each student record all individual corrections and those made to the class in general. This list should be reviewed daily to remind the student what to think about and work on in the studio. If there is something the student does not understand, the student should seek clarification from the teacher who made the correction. Journals are used as a tool for student progress and understanding. Students should bring their journals to their conferences in order to keep record of goals that are being set.

### Professional Division

The Professional Division (PD) lays the foundation for a professional career. Participation in the Summer Course is required in order to be considered for admission into the PD program. Summer Course students in Levels VII and VIII receive application materials for the PD program prior to Summer Course. Students interested in applying for the program must submit the necessary paperwork by July 1st, to allow sufficient time for faculty and staff to identify and review the applicants during Summer Course. Admission to the PD program is by invitation only, and students are notified of acceptance to the program before the end of Summer Course.

Students invited to the Professional Division concentrate on perfecting technique and developing artistry through an intensive full-day, comprehensive program. The Professional Division curriculum includes technique, pointe, variations, modern, choreography, repertory, Pilates mat and apparatus classes (when available), strength training, and seminars on such topics as nutrition, mental health, and life skills. This 1 to 2-year program is designed to help students transition from student to professional dancer. PNB School assists students with career planning by offering workshops and resources on the audition and job search process, and through individual counseling/conferences. Professional Division students perform original choreographic works created by PNB company dancers in *NEXT STEP* in the Spring. Selected Professional Division students may also have frequent opportunities to perform in Pacific Northwest Ballet company productions throughout the year.

## REGISTRATION & TUITION

The school year begins in early September and runs until mid June. Quarter dates and holiday closures including winter break dates are listed in the [2025-26 School Calendar](#) which is posted on the website.

To register, submit a completed online registration form with the \$75 non-refundable registration fee. Tuition accounts must be current to receive class placement notification.

Monthly installment payments are automatically charged on the first day of each month. Quarterly payments will be charged on the first day of the quarter. Biannual payments will be charged September 1<sup>st</sup> and January 15<sup>th</sup>.

### Tuition Policies-Tots, Creative Movement, Creative Dance

Tots, Creative Movement, and Creative Dance for Boys are not required to commit for the full school year. At registration, students will be enrolled for the full school year, with the option of automatic quarterly, bi-annual, or full-year payments. If students wish to withdraw, they may do so one week prior to the start of the new quarter to be removed from autopay.

### Tuition Policies-Pre-Ballet to Professional Division

All students who enroll for Pre-Ballet, Level I-Level VIII, and Professional Division classes are enrolling for the entire academic school year (September-June), and are obligated to pay the full year's tuition fees, regardless of payment option (year in full, biannual, or monthly installments). Biannual and monthly payments options include an additional processing fee.

Tuition is non-refundable once classes begin. Refunds will not be given for any reason, including classes that are missed by the student for illness or rehearsals, or classes that are canceled by PNB for any reason, including weather and mandatory closures due to state and/or local mandates.

Tuition includes all scheduled classes for the student's Level. All classes in a student's level are required and partial registration is not allowed.

Students may be eligible for prorated tuition if they have an extended absence due to injury or must withdraw from classes due to prolonged illness or long-term injury (verified by physician's written orders). No full refunds will be given for an injury at the discretion of the School Registrar.

Current students who do not return by November 1st may need to audition for readmission to the School. Re-admission is not guaranteed for any returning student.

## Insurance

A mandatory insurance fee (included in tuition) provides coverage for accidents that occur in class (in the studio or theater). Accidents must be reported immediately to the school office by the student. Failure to do so will jeopardize insurance coverage. An insurance form must be completed and the claim filed within 20 days of the accident. Deductible and upper limits apply. Please note that PNBS' insurance policy is a secondary policy.

## Scholarships

Financial Aid scholarship support is granted on a year-by-year basis for eligible families. Financial assistance is determined in the summer for the following academic year. Previously awarded financial aid does not transfer from year to year; families must reapply. Financial assistance is primarily awarded to Student Division and Professional Division applicants. Students enrolled in the Children's Division may apply for financial aid, although assistance is limited at this level.

Applications are available in the school office and must be completed and returned by the posted deadline for consideration. The deadline for the academic year application is July 1st. PNB's financial assistance application process utilizes the services of School and Student Service for Financial Aid (SSS). SSS does a comprehensive, standardized analysis of the information received and, upon completion, submits a report to PNB, which provides an estimated amount that a family can contribute toward educational expenses.

The application form for SSS is called the Parent Financial Statement (PFS). The PFS form can be completed online at <https://www.solutionsbysss.com/parents> for a \$60 non-refundable processing fee. Please apply no later than July 1 to allow sufficient processing time. Contact PNBS if you need financial assistance with the processing fee or if you have passed the July 1 deadline.

All application and financial information is confidential. Summer Course application requires a separate process with an April deadline. Financial assistance is determined by a committee of artistic, Board and administrative staff, based on financial need. Class performance, attendance, and effort are also considered.

## Supporting PNBS: Annual Fundraising

Pacific Northwest Ballet School provides the highest caliber dance education and is ranked as one of the top ballet training institutions in the United States. We are proud of our dedicated faculty and staff, live piano music for all classes and large professional studios. However, as a non-profit organization, tuition only covers 70% of the cost of operating Pacific Northwest Ballet School.

Gifts from PNBS parents, both past and present, are vital to our Annual Fund. Many of our current parents give through the Parents Campaign. The money raised from this campaign is essential in helping the School bridge the very real gap between tuition and the actual cost of running PNBS. Visit <https://www.pnb.org/support/parents-annual-fund-campaign/> to view membership benefits and/or make your gift or pledge. To discuss your giving options and benefits, or to make your gift today, please contact the PNB Development Office at 206.441.3593 or [giving@pnb.org](mailto:giving@pnb.org).

There is no correlation between parents' personal gifts to the School and a child's progress in PNBS classes or in the casting of PNB productions.

## DRESS CODE

PNB School's dress code is designed to encourage unity and discipline among our students. All students in PNB Tots, Creative Movement, Pre-Ballet, and Levels I-VIII are required to wear PNBS logo leotards. Students not meeting the required dress code will be restricted from participation in class.

### Students Identifying as Female

- Leotard: Color appropriate for the Level (see color chart below).
- Tights: Pink or flesh colored. Tights should be translucent and matte (not shiny or Lycra), with no holes or runs. Underwear should not be worn under tights.
- Technique Shoes CM-III: Ballet slippers should be leather, aligned with the color of the tights, and sewn with a single elastic.
- Technique Shoes IV-VIII: Ballet slippers may be canvas (leather shoes required for performances), aligned with the color of tights, and sewn with a single elastic.
- Pointe shoes are required for Level IV and above: Pointe shoe color should align with tights. PNBS schedules personal Freed fittings each fall.

### Students Identifying as Male

- Leotard: Short-sleeved white or a snug-fitting white t-shirt
- Tights: Opaque black. No short cut-off tights or shorts at any time
- Socks: Thin white crew-length dance socks (no tube socks)
- Technique shoes CD-III: Ballet slippers should be white, leather, and sewn with a single elastic.
- Technique shoes IV-Adv. C: Ballet slippers should be white, canvas is optional (leather shoes required for performances), and sewn with a single elastic.
- Dance Briefs are required for Level I and above.
- Students must wear a shirt or leotard at all times.

### PNBS Logoed Leotard Colors

These beautiful PNBS-logo leotards are designed to suit PNBS' dress requirement standards and create a uniform appearance in the classroom. For ordering information, contact:

Store	Phone	Email
On Pointe Dancewear	425.643.2386	<a href="http://www.onpointebellevue.com">www.onpointebellevue.com</a>
Empire Dance	509.747.7808	<a href="http://www.empiredanceshop.com">www.empiredanceshop.com</a>

<b>Class Level</b>	<b>Leotard Color</b>
Tots	Black
Creative Movement	White
Pre-Ballet	Red
Level I	Light Pink
Level II	Light Blue
Level III	Light Lilac
Level IV	Sky Blue
Level V	Dark Purple
Level VI	Celestine Blue
Level VII	Tropic Green
Level VIII	Navy
C Designated Classes	White leotard or shirt

### Extended Curriculum Classes (Level IV-VIII) Dress Code

- Pointe Variations:
  - Level VII-class leotard and black or white skirt (skirts for Variations only)
  - Level VIII-white leotard and white skirt (skirts for Variations only)
- Jazz
  - Jazz or technique shoes, black tights
- Modern & Choreography
  - Technique shoes or barefoot, black tights
- PNB Strengthening Program
  - Yoga mat; Therabands (preferably 2-red or blue only); weights (1 or 2 lb); Ball or roller or pillow for upper-back placement during abdominal exercises
- Seminars
  - Street clothes

### Additional Dress Code Guidelines

- Hair: All hair is required to be pulled back and fastened securely away from the face (no pony tails). Students/parents must be responsible for the necessary supplies to have hair done before class time. Short hair should be fastened away from the face. Hair should not be a distraction in class.
- No shirts, legwarmers, skirts (unless required), warm-ups etc., may be worn.
- Jewelry should be minimal: small earrings and watches. No facial jewelry (nose rings,

- etc.).
- Shoes should be neatly sewn with like- color thread. No safety pins.
  - Dancewear is to be kept laundered and in good repair. Any holes should be mended with same- color thread. Fabric softener (including dryer sheets) cannot be used for any clothes worn in PNB studios.
  - Please mark clothing, shoes and dance bags with the student's name and class level. Extended curriculum dress code requirements are mandatory as announced.
  - Dress Code must be adhered to in all Company rehearsals.
  - Students that do not have proper hair or attire may be asked to sit out.

## Dress Code for Arriving & Leaving the School

*No one* is to arrive or leave PNB School wearing only a leotard and tights. *No* technique shoes may be worn outside. This policy reflects our concern for the safety of our students and maintaining our studio floors.

## Dress Code Reminders for Holidays

Students are expected to follow the PNBS Dress Code on all holidays with the exception of Halloween week and Valentine's Day.

## Dressing Rooms

When your child arrives for class, please instruct them to change their clothes in the dressing room, and leave their clothes (including coats and clothes worn over leotards) in the dressing room. **NO CLOTHING, INCLUDING SHOES, SHOULD BE LEFT IN THE LOBBY.**

## Lockers

Students in Level IV and above are assigned lockers each Fall for the academic year. Students supply their own padlocks. It is the responsibility of each student to keep their locker locked. PNBS is not responsible for lost or stolen articles. Students may not share lockers and should not remove anything from another person's locker. No student should give their locker combination to anyone for any reason.

## ADDITIONAL PROGRAMS

### Open Program

Open Program classes are offered on a drop-in basis to the general public ages 13 and older. Students ages 13+ enrolled in PNB School's Student Division are welcome to participate in Open Program Classes for a fee. These classes can not be in place of student's regularly scheduled classes.

*Please check the website for current class descriptions, schedules and registration.*

All registration and payment will be done online through Mindbody and pre-registration is required in order to attend class. Enrollment in any of the Open Program classes constitutes an agreement to a waiver of liability for injuries sustained or illnesses contracted while a student at the School.

All students are required to wear ballet appropriate clothing that allows for fluid movement during class. Jewelry and other accessories should be minimal: small earrings and watches at the teachers' discretion. All students are expected to follow proper hygienic care. Ballet technique shoes are required.

## SUMMER COURSES

### SUMMER COURSE at The Francia Russell Center, Bellevue

PNB students in Levels I-V are highly encouraged to continue their training through the summer via the Francia Russell Center Summer Course. This 4-5 week Summer Course offers an expanded curriculum designed to challenge students in an intensive setting. Coursework includes ballet technique, and additional classes such as hip hop or character dance for Levels I and II. The program for Levels III, IV, and V includes technique, pre-pointe (Level III), pointe (IV & V), modern, and other forms of dance which may include character, jazz, hip hop, musical theater, pilates mat class, and seminars on nutrition and other dance-related topics. Current PNB Students enrolled in Levels I-V are not required to audition for the Eastside Summer Course and may take it as a continuation of their school year. New students must audition for admittance to the program.

### Eastside Summer Dance Workshops

Summer Dance Workshops at The Francia Russell Center provide an enriching and educational dance experience for students in Creative Movement and Pre-Ballet. Students participate in week-long ballet-themed sessions (*The Sleeping Beauty, Nutcracker, Swan Lake*, etc.) and learn about ballet through dance classes, stories and fun craft projects.

### SUMMER COURSE at The Phelps Center, Seattle

PNB School hosts one of the premiere intensive Summer Courses in the nation. The Summer Course in Seattle is designed for non-local students. A National Audition Tour is conducted throughout January and February by members of the PNB School faculty. Ballet students ages 12-18 from across the country audition for the five-week program. Acceptance to the Summer Course is highly competitive, and we have limited space in the program. A supervised dormitory residence at Seattle Pacific University is available to Summer Course students. Please see our website for additional information.

## FACULTY & STAFF

### Faculty

Pacific Northwest Ballet School's faculty are dedicated to the success of each student. They are carefully selected for their expertise in the dance and education fields, as well as their ability to motivate and nurture students. Our faculty is acclaimed nationwide. They come from many professional dance backgrounds and have performed for some of the world's most renowned ballet companies. Many are current and former Pacific Northwest Ballet Principal dancers. To read our faculty bios, [click here](#).

All PNB School faculty members adhere to the Balanchine-based school syllabus, while bringing their unique background to the studio, giving students a broad dance background designed to meet the eclectic needs of dance companies today.

### Consulting Staff: Health & Wellness

Strong advisory and consulting programs are in place to assist and guide students and parents on an individual and group basis. PNBS is proud to be the first ballet school to institute a consulting staff for health and wellness available to all students. We are also proud of our mentorship program for upper level classes led by company dancers.

The consulting staff currently includes a therapist, dietician, and physical therapist. These consultants offer a variety of seminars throughout the year on issues of particular interest to dance students.

The mentorship program, developed by PNB Company dancers Cecilia liesiu and Amanda Morgan and led by a team of Company dancers, is offered through monthly group meetings with upper level students, discussing a broad range of topics related to life in a professional dance company.

PNB School is committed to promoting the healthy emotional development of its students. Our Consulting Therapist is available free of charge for short-term counseling, intervention services and professional consultations to students who seek additional support in personal development or wish to discuss (in confidence) thoughts and concerns related to PNBS classes, academic school and/or family and social issues. Any information discussed with the Consulting Therapist will be strictly confidential.

In addition to the Consulting Staff, PNB School can provide recommendations for other providers in the fields of Sports Medicine and Nutrition. Please contact the School for more information.

### Pacific Northwest Ballet School Consulting Staff:

Name	Role	Email	Phone
Josh Spell, MSW, LSWAIC	Therapist	<a href="mailto:jspell@pnb.org">jspell@pnb.org</a>	Given as needed
Henry Lu (Velocity Physiotherapy)	Physical Therapist	<a href="mailto:scheduling@velocityphysio.com">scheduling@velocityphysio.com</a>	206.905.8575
Monic Van Winkle (Nutrition in Action, PLLC)	Dietician	NA	206.321.5233

## PERFORMANCE OPPORTUNITIES

### Children's Division-Petite Finale

Creative Movement, Children's Division Boys and Pre-Ballet students have the opportunity to participate in an informal annual spring performance in May, the Petite Finale. Rehearsal information, performance times, and permission slips for the Petite Finale performance are sent to families in late winter. Students must be currently enrolled and attending all classes in order to perform. Rehearsals primarily happen during the students' scheduled class time, though some additional rehearsals will be scheduled. These performances for family and friends are held in the studios at the Phelps Center in Seattle and at the Francia Russell Center in Bellevue. The students demonstrate skills and knowledge acquired throughout the year. Students and parents also enjoy a guest performance by the School's advanced students. A reception sponsored by the PNBS Parent/Guardian Association follows each performance. [Click here](#) for this year's calendar for the Petite Finale performance dates. Petite Finale is a ticketed event, and tickets are limited to 4 per family.

### Student Division-Annual School Performance

All students in Levels I-VIII and DanceChance are cast in the Annual School Performances held at Marion Oliver McCaw Hall. [Click here](#) for this year's dates. Rehearsal information, performance times, and permission slips for the School Performance are emailed in the winter. Students in each class level perform original pieces choreographed by faculty members. Please note: The week prior to the performance includes required rehearsal days in the theater. *Students may need to miss school for these final rehearsals.* This rehearsal schedule will be published with other performance details.

Students must be currently enrolled, injury free, and attending all classes in order to perform. Permission slips with a \$25 dollar fee are required (*fee is subject to change*). The decision to participate in the Annual School Performance is a commitment to not just each

student's own learning, but to their faculty and classmates, and should be made only after carefully considering the student's ability to attend all scheduled rehearsals. Students who do not normally have classes on Saturdays must be prepared to have School Performance rehearsals on Saturdays in the Spring. Students may need to miss school for final rehearsals in June. Participation and reliable attendance in classes as well as rehearsals is required of all students in order to perform. Absences due to mandatory academic school trips and/or camps must be submitted in writing as far in advance as possible. Dress rehearsals the week prior to the performance are mandatory for all students participating in the School Performance. Students will not be allowed to participate in the School Performance if excessive classes, rehearsals, or any dress rehearsals are missed.

The Annual School Performance is a ticketed event. Tickets are purchased through PNB's Box Office at The Phelps Center by phone at 206.441.2424 or online at [www.pnb.org](http://www.pnb.org). Tickets will be available for purchase in the spring.

## PNB COMPANY PRODUCTIONS

Students must be currently enrolled and attending all classes in order to participate in any PNB production. Some Company productions have roles for children.

### Casting for Company Productions

PNB's Artistic Director, Associate Director, and Rehearsal Directors (in consultation with the School Principals in some cases) cast students from the school for company ballets.

Casting decisions are made with considerable thought and care, but are not an indication of professional potential.

Many factors go into the selection of students - height, technical ability, movement quality, musicality, demeanor, behavior, spatial awareness, ability to learn choreography, among many others. These are weighted differently for every production and even differently for the same production from season to season depending on contextual circumstances.

The company encourages all the students of PNB School to focus on their ballet classwork and to remember that the annual School Performance is the opportunity provided for all students to demonstrate their achievements each year.

There are no make-up classes for ballet classes missed due to rehearsals or performances.

### George Balanchine's *The Nutcracker* ®

Pacific Northwest Ballet presents George Balanchine's *The Nutcracker* ® each season. *The Nutcracker* has many children's roles, which are filled exclusively by PNBS students. Participation in *The Nutcracker* is voluntary. Students in Level II through Level VI are eligible to audition. Auditions are held in September and School families receive information prior to the event. PNB's Artistic Director (not the School) makes *The Nutcracker* casting decisions based on the criteria stated above. Students attending the audition should be fully

committed to participation regardless of role decisions. Before deciding to audition for *The Nutcracker*, students and their families should carefully consider the extensive time commitment required for rehearsals and performances. Students must attend all rehearsals in order to participate in *The Nutcracker*. If a student's family anticipates difficulty with the rehearsal schedule, the student should not audition.

Being cast in *The Nutcracker* (or any other Company production) is no indication of professional potential nor is it a guarantee of advancement in the School.

### PNB's Family Matinee

Pacific Northwest Ballet presents a special series of Family Matinee performances each spring, featuring upper level PNB School students (levels may vary by production). Auditions may be scheduled in the fall depending on the production. Students cast in Family Matinee productions are expected to attend all regularly scheduled classes in addition to rehearsals. Families will be asked to consider the time commitment prior to accepting a role.

### Tickets/Attending Performances

We encourage all students to attend PNB Company performances. The live theater experience provides an essential and enriching component to the education of our students. Tickets for all PNB performances may be purchased in person at PNB's Box Office at The Phelps Center, by phone at 206.441.2424 or online at [pnb.org](http://pnb.org). *Students are eligible to purchase a half-priced ticket one hour prior to curtain, subject to availability.* Half-price tickets are not available for *The Nutcracker* or any sold-out performance. PNBS families are offered discounted PNB Subscriptions throughout the academic year. Contact 206.441.2425 for information.

*Students in Levels IV-VIII will receive two free tickets, twice a year to Company performances throughout the year. These performances will be determined and announced at the beginning of each school year. Students are expected to use their ticket vouchers and communicate with the school if they are not able to attend a performance.*

Students are representing PNB School when they attend any performance and are expected to be responsible, respectful, and mindful of their behavior in the theater. Conversation/critiquing of performances should be saved for intermission or after the performance. The theater experience should be enjoyable for all.

## CODE OF CONDUCT

It is the policy of Pacific Northwest Ballet School to maintain a positive, healthy and productive learning and working environment for all students, staff and company dancers.

As part of their training, PNBS students are expected to behave in a responsible and disciplined manner and to adhere to the School's rules and regulations, both inside the PNBS facility and outside in the greater community as representatives of PNB. Students are

expected to treat PNB staff with respect and maintain a positive attitude. PNBS strives to ensure that all rules are clear and reasonable, and students are expected to observe the established Code of Conduct. PNBS reserves the right to suspend or dismiss any student whose conduct or attitude is found to be unsatisfactory. Please respect the expertise and decisions of the PNB School faculty and staff.

**The following are absolutely forbidden at all Pacific Northwest Ballet facilities:**

- Firearms/Weapons: Any student possessing a firearm, explosive, knife, incendiary device, or any other weapon of any kind will be expelled.
- Alcohol and Drugs: Any student possessing, buying/selling, using, or under the influence of alcohol or illegal drugs (including marijuana), or any student providing alcohol or drugs (including prescription drugs) to another student will be expelled.
- Physical or verbal intimidation/threats or injury
- Self-destructive behavior
- Sexual harassment
- Smoking/Vaping: PNB is a non-smoking facility. Washington state law makes possession of tobacco by anyone under the age of 18 a misdemeanor. PNB School prohibits smoking on all PNB property and all Seattle Center grounds.
- Theft
- Verbal abuse, racist comments, microaggressions, bullying, intimidation, or harassment of any kind
- Improper use of the internet and/or posting questionable and/or disrespectful content to any social media site
- Willful destruction or misuse of PNBS or another person's property
- Photography and/or video recording in PNB studios at any time without prior written permission from PNB staff.

Any of the above actions will be reported immediately to the Managing Director, who will, in consultation with the Artistic Director, decide appropriate disciplinary action.

Consequences and penalties may include but are not limited to:

- Probation
- Suspension from classes
- Dismissal from the School (no refund)
- Retraction of scholarship

If appropriate, students may also receive a referral to counseling in response to a report of any of the above behaviors.

### Additional Building Rules

- Be respectful of the administrative staff by keeping noise to a minimum in the lobby areas.
- Food and drinks are restricted to the student lounge.
- Students are responsible for the disposal of their garbage and are expected to treat

the facilities, furniture and equipment with respect.

- Use of Hot Stuff or “jet glue” for pointe shoes is prohibited inside the building
- Students are asked to remain on the main floor of each School. Students are expected to wait for class in the student lounge or quietly at their designated waiting area.
- All PNB pianos are off-limits for students.
- No fabric softener (including dryer sheets), baby powder, lotion, hot glue, or gum is permitted in the studios.

## ADDITIONAL SCHOOL POLICIES & PROCEDURES

### Academic Coordination

Many schools grant Physical Education credit or exemption for ballet instruction. Students may also arrange to obtain credit for Fine or Performing Arts Education. Check with your academic advisors if this is of interest and speak to PNBS staff to obtain necessary documentation. Some students may be able to get permission for early dismissal in order to arrive at PNBS in time for class. Please do not ask for an exemption from PE unless it is absolutely necessary. PNB School encourages participation in most PE activities.

### Attendance

Students are required to attend all scheduled classes for the Level in which they are registered. Partial attendance is not allowed. Students or their families must report all absences to the School prior to class time in order to be excused.

*Students who are injured are expected to observe classes and take notes.* Students may be excused from being required to observe classes during cases of extended absences due to injury on a case by case basis at discretion of the Managing Director and/or Principal. Attendance in all scheduled classes is critical to consistent progress and advancement in the School. Poor attendance (whether absences are excused or unexcused) may jeopardize a student’s promotion, participation in productions, or Financial Aid. *There are no make-up classes for any class cancellations or student absences.*

Students cast in company productions are expected to attend all regularly scheduled classes in addition to rehearsals. *There are no make-up classes for classes missed due to rehearsals.*

It is essential that students come to class on time. Late arrival does not allow a student sufficient time to warm up, may cause injuries and disrupts class concentration. Students more than fifteen minutes late to any class will not be permitted to participate in or observe the class.

### Injuries, Doctor’s Notes, & Medical Leave

All student injuries and accidents in and out of ballet class must be reported promptly to their teacher and the School office. School staff will document the student’s condition and any medical guidelines for activity.

If an injury occurs (either in or outside of class), please do the following:

1. Notify the School office immediately so that proper documentation can be made.
2. Have your doctor fax or email a report on your injury and recovery plan to the School office so your teachers and school leadership can make appropriate accommodations.
3. Send the school written permission from your doctor when they approve your return to classes.

Students with an injury requiring limited participation in class or a significant leave of absence from PNBS must meet with the School Principal or Managing Director to set up a recovery plan before returning to classes.

Attendance in all classes is mandatory. However, medical leave may be initiated by PNBS for the management of physical, mental, and/or emotional conditions that hinder a student's ability to participate in class. Medical leave may also be requested by a student or parents.

When the student is ready to return to the School, their parents, physician, and/or counselor must provide written recommendations to the School. These recommendations should explain the student's condition and any ongoing treatment as well as any limitations or accommodations that should be considered for their return. Students may return from Medical Leave only with the approval of Pacific Northwest Ballet School. Refunds will be given at the discretion of the Managing Director.

## Cameras & Photography

**Photography and/or videotaping of any kind is not allowed by students, guardians, and other visitors** in the Phelps Center, the Francia Russell Center, and McCaw Hall without first obtaining written permission from PNB's Director of Communications (or PNB School office for School-related events), notifying the dancers and/or students in advance, and – in the case of our union performers – getting approval for usage of said images, including internet and social media usage.

**PNB prohibits photography and video recording** for personal, educational or commercial use without written permission and/or accompaniment by PNB's Media Relations Manager or other authorized PNB personnel. This applies to ALL still-camera and video photography (including cell phone cameras), anywhere in the building, whether or not they include company dancers, PNB School students, or PNBConditioning clients. If you notice someone taking pictures or filming in our hallways or studios and you don't feel comfortable confronting them directly, please notify the front desk and/or Director of Communications, Gary Tucker immediately.

Registration forms for all PNBS programs include an agreement which gives PNB and its authorized photographers permission to take photos of students in classes and/or performances to use in perpetuity for purposes of promoting Pacific Northwest Ballet and Pacific Northwest Ballet School.

**If you have any questions, please contact Gary Tucker at 206.441.2426, 206.328.8825 (cell) or GTucker@PNB.org. Thank you!**

## Lost & Found

Lost and found bins are located outside of Studio G and in the school office at The Phelps Center and in the dressing rooms at The Francia Russell Center.

## Notices & Messages

Most School announcements and schedule updates are currently communicated to students and their families through the PNB School Parent Portal, though some specific notifications will be sent via email. The table below details how each type of notification will be communicated.

Portal Notifications	Email Notifications
Class Schedule Changes	Payment Reminders
Class Cancellations & Weather Closures	Annual Class Placement Letters
Conference Information	Annual Registration
Observation Day Information	School Newsletters
Policy Reminders	
Performance Information	
Performance Agreements	

[Click here](#) for access to the portal.

## Observation Days

Parents/guardians are invited to observe class during designated observation days. Families will be notified when Observation Days are scheduled. This is an opportunity to observe your student's progression and experience ballet class from start to finish: barre and center. We recommend staying to observe the entire class. This observation is NOT open to the public (friends, etc.), but is for parents/guardians to observe their student's progress. Each student may have no more than two guests on observation days. Observation Days will be posted on the PNB School Portal.

## Observation Day Etiquette

We encourage attendance at Observation Day and know this is a special and unique educational opportunity. Visitors must follow the guidelines below.

- Please plan to stay for the entire class period; leaving during class is distracting. If you do need to leave the studio during class, please wait for an appropriate break before leaving and re-entering.
- No children under the age of 5 are permitted to observe classes. Color crayons and markers are not allowed in the studios.
- No cell phones, cameras, laptops or electronic equipment of any kind are allowed in the studios during classes. Absolutely no cell phone usage of any kind is permitted during an Observation Day.
- No food or drink in the studios.
- No talking during class.
- No taking notes.
- Visitors are asked to restrict observation of classes to Observation Day. Please remain in designated waiting areas at all other times.

## Outside Dance Instruction

Each class level follows a carefully planned curriculum each year, requiring students to attend a specific number of hours of class each week throughout the school year. We strongly advise against seeking outside training or private lessons, as this conflicts with the curriculum of Pacific Northwest Ballet School.

## TRANSPORTATION & PARKING

### Parking

All monthly parking passes for the Mercer Street garage are available for purchase through PNB School Offices. A parking pass is \$103/month (subject to change). Payment is due on the 24th of each month for the following month. Parking is automatically renewed each month. Please contact the School at [pnb.school@pnb.org](mailto:pnb.school@pnb.org) if you wish to cancel your parking.

Free parking is available at the Francia Russell Center.

### Picking Up Students After Class

Parents are expected to pick up students promptly after classes. Please contact the School if you are delayed or anticipate a delay. School staff closes the building 30 minutes after the final class of the day (Please note closing times may differ between Seattle and the Eastside, and may vary from day to day. Contact your school location for specific closing times). A fee of up to \$20 may be charged if staff has to wait with a student 15 minutes or more after the building officially closes.

## EMERGENCY CLOSURE PROCEDURES

### Emergency Closure

PNBS will be closed for snow, ice, or other weather/disaster conditions in Seattle when Seattle Public Schools are closed and in Bellevue when Bellevue Public Schools are closed. Other emergency situations warranting School closure include state or local mandated emergency directives. Closure of after-school activities has no bearing on whether or not PNB is closed. If you are uncertain regarding closure, please call the School. There are no refunds or make-up classes for emergency-related closures.

### Safety And Security

Emergencies (either at PNB or away) call 911 from any phone – regular, pay, or cellular. The call is free.

### Seattle Center Safety

Seattle Center has its own security on campus and PNB also has a security guard present at the front door during all School hours. When traveling to and from the Phelps Center for classes, we strongly encourage the following:

- If you see something suspicious while on the Seattle Center grounds, please report it immediately to the **Seattle Center Emergency Services Unit at 206.684.7272 (or call 9-1-1). All students are required to add this emergency number to their cell phone contacts.**
- “See Something, Say Something”: Please also let PNB staff know immediately if you see or experience something unsafe on the way in and out of the Phelps Center. Email documentation is also helpful in our communication with Seattle Center. **PNB Front Desk: 206.441.9411; PNB School Office: 206.441.2435**
- Students driving to and from PNB should always exercise caution upon arrival and departure. If possible, walk in pairs.
- Families who drop their students off are encouraged to use the drop-off parking in front of the Phelps Center and watch their student until they are safely in the building.
- Students being picked up must remain in the building until they see their parent/guardian arrive.
- For more information, visit Seattle Center’s Public Safety page:

<https://www.seattlecenter.com/visitor-info/safety>

## Precautions

PNB takes every precaution to ensure the safety and well-being of each and every student. However, as in every city, students must use caution and common sense at all times, particularly in busy areas such as the Seattle Center. The School strongly suggests students travel in groups of two or three outside of the PNB studios.

## Fire/Earthquake Safety Drills

Meetings are conducted for all students at the beginning of the school year to discuss fire/earthquake safety and evacuation procedures in case of an emergency. In addition, fire drills are conducted throughout the year.

In the event of a fire at The Phelps Center, faculty and staff will escort students to the Cornish Playhouse courtyard (west of The Phelps Center).

At the Francia Russell Center, faculty, staff and students go to the north end of the parking lot.

## Emergency Evacuation Procedures (Seattle Center Campus)

In the event of an emergency evacuation order on the Seattle Center Campus, all staff, faculty, students and guests will immediately leave The Phelps Center and walk directly to the Maxwell Hotel, 300 Roy Street (one block north of The Phelps Center). A message will be placed on Pacific Northwest Ballet's and PNB School's phone systems (206.441.9411 or 206.441.2435) if the phones are in operation, as well as the PNB website and PNB School Portal. Faculty and staff members will remain at the Maxwell Hotel until all students have been picked up.

## WEIGHT LOSS

PNBS staff and faculty follow a thorough protocol for recognizing and responding to signs of eating disorders. This applies when faculty or staff observe concerning weight loss or believe a student is below a healthy performance weight. In this case, the student's parent/ guardian will be called and the student will be referred to the Consulting Dietitian and Consulting Therapist. PNB's full eating disorder protocol can be found at the end of this document.

### EATING DISORDER PROTOCOL

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Policy Title: Guidelines for Early Intervention for Dancers Presenting at Pacific Northwest Ballet School (PNBS) with Eating Disorder Symptoms and Eating Disorders

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#### GOALS OF THE POLICY

- To provide guidelines for the evaluation, treatment and referral process of students presenting with signs and symptoms of eating disorders.
- To outline clinically informed practice guidelines ensuring the consistent and safe care of students with eating disorders and eating disorder symptoms.

#### POLICY

PNBS provides psychological and nutritional resources for students with eating disorders/disordered eating that maximize potential for prevention, early identification and early evidence-based treatment. These services are provided by a multidisciplinary treatment team of professionals including a registered dietitian and a licensed social worker who provide assessments, short term treatment and referral services. PNBS takes the approach that, like risk of physical injury, risk of an eating disorder is a psychological *and* physical injury and an aspect of elite ballet training that needs to be openly acknowledged and well managed within the school.

Leadership and staff are committed to providing all students an *informed, open, and supportive* environment to approach care for eating disorders.

- *Informed*: students, families, and staff understand the risks and signs of eating disorders and PNBS's approach to care
- *Open*: an open and non-stigmatizing environment encourages students to ask for help early on with food and body image concerns
- *Supportive*: students and families feel supported and confident in identifying food/body image concerns and reach out for help from multidisciplinary team to promote recovery

### Early Identification of Eating Disorders

Research shows that the earliest possible identification and treatment of a person struggling with an eating disorder leads to better outcomes, the best chance for a full recovery and lower risk of lifelong injury. Parental support is imperative. Eating disorders are complex mental illnesses and severe metabolic and physical injuries. Therefore, professional guidance from a multidisciplinary team is the best evidence-based approach. The longer a student prolongs receiving help, the more likely long-term mental and physical health consequences can occur. The team at PNBS is aware that it is often difficult for students to ask for help with food and body image concerns and is aware that creating a non-stigmatizing environment is crucial for the best care to support students.

## Student-Centered Intervention Structure

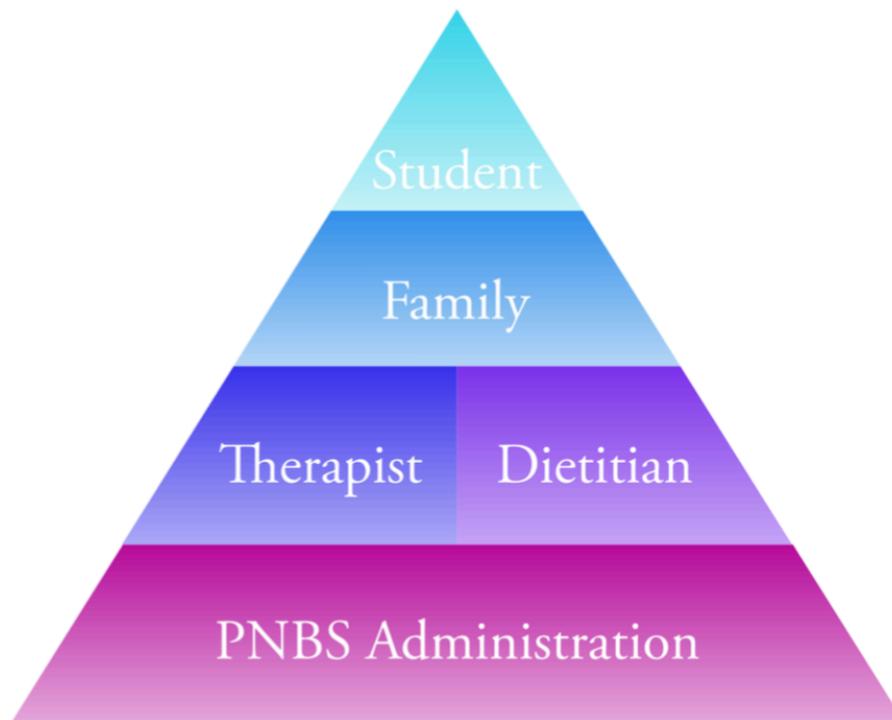


Diagram 1

### PROCEDURE: Student-Centered Intervention Structure

The PNBS Student-Centered Intervention Structure includes an ED intervention team including the Consulting Therapist and Dietitian supported by the Administration including the School Director and Managing Director. Any refusal of a parent/guardian to participate in the process may result in automatic removal of the child from PNBS. If parents do not acknowledge the process' validity at the beginning, they are more likely to impede the recovery process.

## Designated Outpatient Response Team



Diagram 2

### **PROCEDURE: Designated Outpatient Response Team**

The Designated Outpatient Response Team is a multidisciplinary team trained in the evaluation and treatment of eating disorders. The team consults to establish treatment plans and coordinate care for students being assessed and treated for eating disorders. Each member of the team has a role unique to their discipline. Team members include:

1. (MD) Medical providers including physicians, nurse practitioners or physician assistants are responsible for evaluating and monitoring the physical aspects of illness, including weight monitoring. Students at risk of developing medical complications and students with diagnosed medical complications will be monitored on a regular basis by an *approved* physician, nurse-practitioner or physician's assistant. Medical monitoring of students with eating disorders will be done on an outpatient basis, as frequently as is deemed appropriate by the treating medical provider.
2. (Therapist) Mental health providers including psychologists, therapists and social workers who have experience working with eating disorders. Counseling/psychotherapy will focus on symptom management and the underlying issues causing the disorder related to body image distress, high inhibitory control, diet culture and emotional suppression.

3. (RD) Registered dietitian who completes a nutrition assessment and conducts ongoing nutrition counseling as needed. Nutrition counseling is an integral component of the multidisciplinary treatment team. Nutrition counseling centers on correcting disordered behaviors and beliefs in the area of food and aims to assist students in legalizing all foods and normalizing eating patterns. This includes help with restoring and maintaining a healthy weight. Students requiring more intensive nutrition counseling may be referred out for further services.
4. (Psych MD, if needed) Psychiatrist who conducts a psychiatric evaluation and prescribes and monitors medications as needed. Psychiatric evaluations are available for medication recommendations and medication monitoring on an outpatient basis.

## Signs and Symptoms of an Eating Disorder

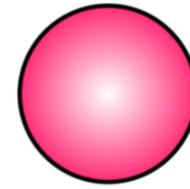
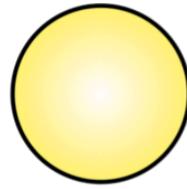
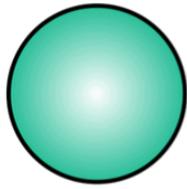
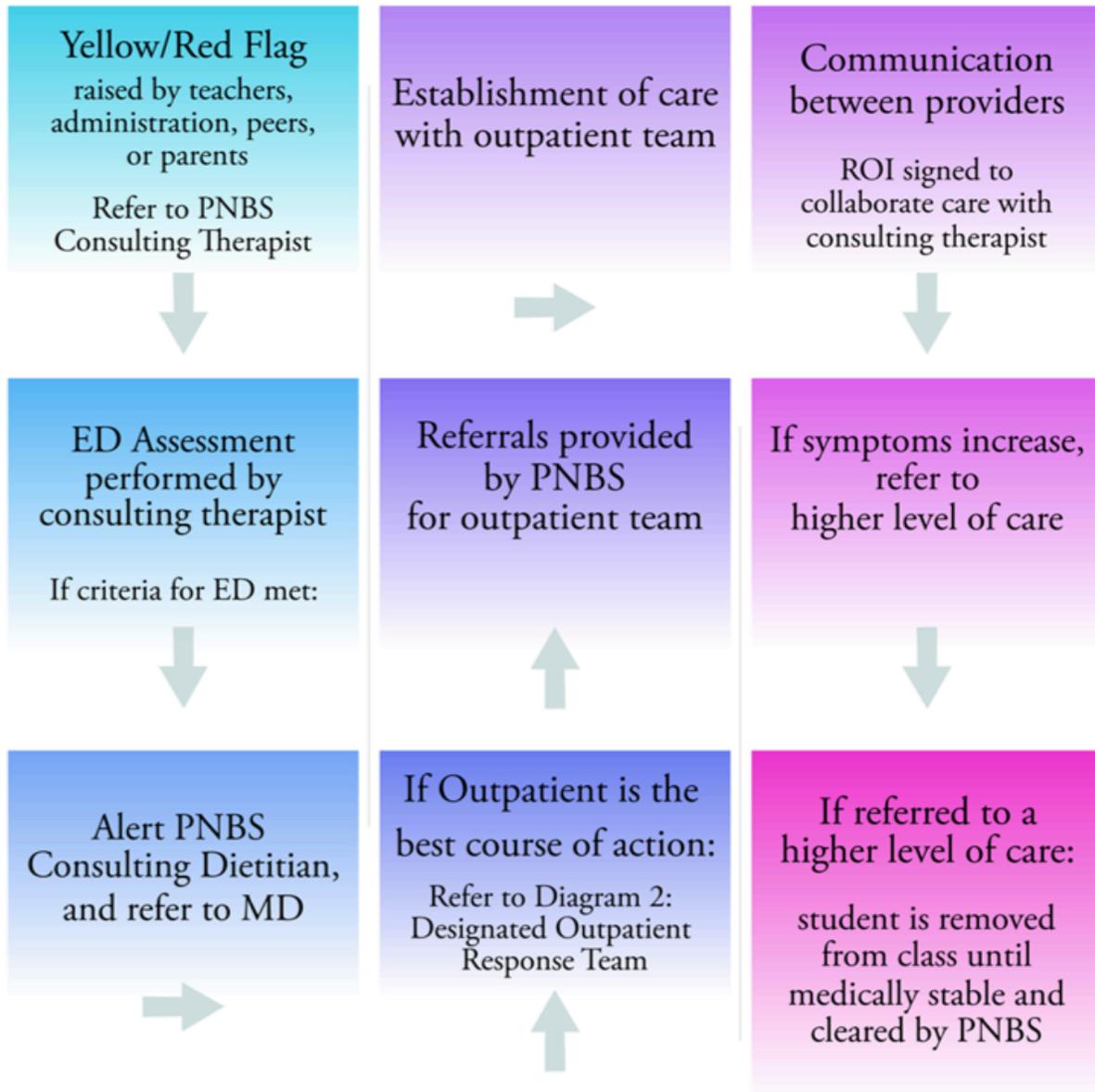


Diagram 3

## Eating Disorder Protocol



\*At any point, faculty reserve the right to remove the student from classes.

Diagram 4

**PROCEDURE: Students presenting with eating disorder symptoms at PNBS.**

1. Students with eating disorder symptoms may be referred by teachers, administration, peers or parents to the consulting therapist at PNBS. An eating disorder screening will be performed by the therapist, and if it is determined that a student is in the yellow/red zone in *Diagram 3* for signs of an eating disorder, further treatment will be warranted.
2. PNBS may dismiss a student if, at any time, PNBS believes the student is dishonest in their representations or interactions with the ED Intervention Team.
3. Students may be asked by PNBS administration to refrain from taking class until further medical, nutritional and psychological stability is determined.
4. The consulting therapist will alert the consulting dietitian and refer the student to a medical doctor recommended by PNBS or the student's established provider with specific paperwork to be completed. If it is determined there is a medical and/or nutritional concern, but the concern can be monitored in an outpatient setting, the *Designated Outpatient Response Team* (see *Diagram 2*) is set into motion.
5. The *Designated Outpatient Response Team* will develop and make available a plan to the PNBS consulting therapist to follow up on outcomes. When there is no longer any apparent ED risk to the student, the plan will be completed.
6. The student has the option to work with the PNBS consulting dietitian or if unavailable, the student will be provided referrals for sports dietitians *approved* by PNBS.
7. The student needs to establish care with an MD and an outpatient therapist *approved* by PNBS.
8. A release of information between all providers, including the PNBS consulting therapist, any current or former instructor, school, team or education provider, must be obtained to establish a treatment plan, coordinate care and evaluate outcomes.
9. If there is an increase in ED signs and symptoms, the student will be referred for higher level of care (LOC) assessment.
10. If a student is *low weight\**, as determined by RD, and does not increase food intake and begin *weight restoration\*\** after 2 weeks they will be referred for higher LOC assessment.

The decision of the ED Intervention Team and PNBS are final and are not subject to review.

(\*If at any point a student's weight falls below 85% of their natural setpoint weight [determined by RD based on factors including growth charts, etc.], they will automatically be referred to higher LOC.)

(\*\*Weight restoration expectations to remain in outpatient treatment will be determined by RD.)

**PROCEDURE: Use of contracts**

Students who present with symptoms of an eating disorder (e.g., low body weight, hypothermia, severe bradycardia or other cardiac abnormalities, amenorrhea, anemia, lanugo, edema, gastrointestinal problems, dental erosion, distorted body image, etc.), but who are amenable to outpatient treatment may be asked to sign a contract by the Designated Outpatient Response Team.

1. The goal of treatment is to reverse these symptoms and avoid the necessity of transfer to a higher level of care.
2. Students at this level of risk may be required to gain a certain amount of weight at small intervals or may be asked to demonstrate other signs of improved nutrition and physical health by a certain date.

Failure to meet agreed upon goals, refusal to cooperate with the recommended treatment plan, or any worsening of the student's medical or psychological condition, *indicate* that the student needs a higher level of care, such as intensive outpatient treatment, partial hospital or inpatient hospitalization.

**PROCEDURE: Recommendations for higher level of care.**

1. The majority of students seen by the Designated Outpatient Response Team can be safely managed on an outpatient basis. However, some students may present with medical or psychological complications of an eating disorder sufficient to warrant a higher level of care. This may be evident on initial evaluation or may develop during the course of outpatient treatment.
2. The following is a list of clinical indicators that can be used in determining the need for a higher level of care. The greater the number of indicators present, the more intensive the treatment that may be required:
  - a. Medical Symptoms
  - b. 85% below natural setpoint weight
  - c. Abnormal lab values
  - d. Cardiac abnormalities
  - e. Gastro-intestinal symptoms
  - f. Menstrual irregularities
  - g. Low bone mineral density (BMD), stress fractures
  - h. Psychological Symptoms interfering with functioning
  - i. Comorbid condition (e.g., depression, anxiety worsened by eating disorder)
  - j. Poor impulse control, poor judgment
  - k. Irrational thinking
  - l. Compromised psychosocial functioning
  - m. Disruptions to community
  - n. Compromised dancer performance
  - o. Compromised academic performance
  - p. Legal consequences
  - q. High Risk behaviors
  - r. Suicidality
  - s. Self-injurious behavior

- t. Alcohol abuse or drug use
- u. Promiscuity
- v. Theft
- w. Unresponsive to treatment (applies to student and family)
- x. Denial of problem and non-compliance
- y. Resistance to change despite treatment
- z. Failure to engage in therapeutic relationship
- aa. When the student requires a higher level of care, the student will be informed by their Designated Outpatient Response Team that they are at risk and require medical and/or psychiatric care that is beyond the capability of outpatient services.
- bb. If the student elects to take a voluntary medical leave of absence from PNBS and agrees to a voluntary re-admission evaluation by the Designated Outpatient Response Team and ED Intervention Team upon his/her/their return, a meeting facilitated by the consulting therapist with the student's family would be appropriate.

Should the student refuse to seek a higher level of care, the managing director will be informed. The managing director may then request a Formal Evaluation and may mandate an involuntary medical leave from PNBS in order to obtain the necessary treatment for their eating disorder.

**PROCEDURE: Resuming training/performance participation.**

1. When the student has met the goals established in the treatment plan, they may be allowed to return to training and/or performance at a level deemed safe by the Outpatient Response Team.
2. For a student to resume limited or full participation in training and/or performance, minimum acceptable medical criteria for participation will generally include the following:
  - a. Absence of cardiac abnormalities.
  - b. Absence of electrolyte imbalances.
  - c. A weight and BMI deemed medically safe by the MD, in consultation with the ED Intervention Team.

Once a student returns to training and/or performance, their weight, nutrition status, physical health and psychological response will continue to be monitored for a period of time to ensure stability. Regular follow-up care will be scheduled as clinically appropriate, and communication will continue between ED Intervention Team members and Outpatient Response Team as needed.

(\*If a student falls into the red zone (see Diagram 3) during the Summer Program, students will not be reaccepted given the length of time required to fully restore metabolically, physically and psychologically from an ED. Further evaluation is required by the Outpatient Response Team and ED Intervention Team, supported by PNBS, before reconsideration for school year.)