





DANCER INFORMATION, RULES & SAFETY FORMS 2013

**Please read carefully, sign necessary forms,
and turn in at the Office of Service Learning
or at the registration table the day of the Hawk Rock!**

THANK YOU FOR YOUR SUPPORT!

IUP Hawk Rock
Office of Service Learning
Pratt Hall, Suite 302
202 Pratt Drive
Indiana, PA 15705

724-357-3103
Email: iuphawkrock@gmail.com
Website: www.iup.edu/hawkrock

 IUP Hawk Rock
 @iuphawkrock

HAWK ROCK RULES & REGULATIONS

1. Dancer Classifications:
 - a. Team: There is no limit to the number of members that can sign up on any one team. (3 or more)
 - b. Pair: Two dancers can register as a pair.
 - c. Individual: Dancers can register as an individual.
2. Who can Dance?:
 - a. All IUP students, faculty, and staff are encouraged to register as dancers in this event. **All dancers must fill out media release and hold harmless waivers found in the registration packet.**
 - b. All community members are encouraged to register as dancers in this event. **All dancers must fill out media release and hold harmless waivers found in the registration packet.**
 - c. Participants under the age of 18 are allowed to dance, but cannot dance as an individual. They must dance in a pair with an adult or on a team with at least one adult chaperone. **Media release, hold harmless forms, and permission slips must be signed by the dancer's parent or guardian.** The adult chaperone for each group must collect these waivers and present them at check-in. All waivers will be found in the registration packet. No minor will be permitted to dance without submitting waivers.
3. Fundraising Requirements:
 - a. Each individual dancer must raise a total of \$20 dollars to participate in the Hawk Rock. A pair must raise \$30 to participate, a group of 3-5 dancers must raise \$75, a group of 6-10 dancers must raise \$100, and a group of 10+ dancers must raise \$10 a dancer.
 - b. 10 minutes of stage time at the event will be rewarded to fundraisers who exceed the requirement by \$100. Each team, individual, or pair must raise an additional \$100 for this time.
 - c. All fundraising money must be turned in by the start of the event or you (or your team) will be unable to participate in the event.
4. Meeting Requirements:
 - a. There will be a mandatory meeting prior to the event to discuss rules and requirements for dancers. This meeting must be attended by at least one representative of a team, one representative of a pair, a chaperone for a group of minors, and the individual dancer. Only ONE meeting must be attended.
 - b. Representatives must attend ONE of these mandatory meetings.
 - i. Monday, October 7th at 7:00pm in 305 Pratt Hall.
 - ii. Wednesday, October 9th at 9:15pm in Pratt Auditorium.
 - iii. Friday, October 11th at 5:00pm in Pratt Auditorium.
 - iv. Monday, October 14th at 8:00pm in 305 Pratt Hall.
 - c. If you are unable to attend one of the meeting times you must make an appointment prior to the event by calling 610-348-4288.
5. Dancing Requirements:
 - a. The Hawk Rock will begin on October 19th at 10 AM and end on October 20th at 10 AM. The Hawk Rock will be held in the Kovalchick Convention and Athletic Complex.
 - i. During this time all dancers will be required to stand. There will be no sitting for the duration of the Hawk Rock, **except when on a break**. Leaning on provided tables will be permitted. Dancers should always keep moving, or at the very least shift their weight from side to side. No hands or knees should touch the floor. Feet should remain on the floor unless stretching.
 - ii. Dancers can arrive as early as 9:00 AM on October 19th for registration. All dancers must have arrived by 9:30 AM.
 - iii. Dancers will be required to wear the "Dancer" Hawk Rock T-shirt and wristband in order to access and remain on the dance floor. Those performing on the stage will be permitted to

change into costume if they deem it necessary. After performing they will have to put their dancer shirt back on.

- iv. Breaks will be issued during the 24 hour period. **The first two and last two hours of the event is mandatory for all dancers and staff.** After the first two hours, a team may choose to gauge when to use their break time. The allotted breaks will consist of 4 or 2 hour slots during the 24 hours. The first break will start at 12 noon on the 19th and end at 4pm (See Below for break schedule for more information). However, at least 50% of the dancer's team must be on the dance floor at all times. In addition, the break time will start and end at the specific times not when your group decides they want to leave. If dancers choose to leave and return, then they must sign in and out at the designated tables. Keep in mind if a dancer does not return from their break, your team will have to decide on who gets to leave and go because 50% of the dancer's team must be on the dance floor at all times.
 1. Break Schedule:
 - Oct. 19th: 12noon – 4 pm **Group A**
 - 4pm – 8 pm Group B
 - 8pm – 12 midnight **Group A**
 - 12midnight – 4am Group B
 - 4am – 6 am **Group A**
 - 6am – 8 am Group B
- v. Dancers are encouraged to bring essential items of comfort with them for the duration of 24 hours.
 1. These items include extra socks, extra clothes, toothbrush, toothpaste, hand towels, etc. All teams will be given one full size locker to store such items. Pairs and individual dancers may have to share lockers with others so please pack lightly. A standard combination lock may be brought to the event to lock up items. The Hawk Rock will not supply locks. All items are left at your own risk so please do not bring unnecessary valuables.
 2. Cameras, cell phones, and other electronic devices **ARE** allowed to be on dancers throughout the event. The Hawk Rock encourages dancers to take photos, video, tweet, (@IUPHawkRock or #IUPHawkRock) and post to the Facebook page (IUP Hawk Rock). Watches are permitted, but are discouraged. Checking the time of day will make the event seem longer and the time will drag on. The Hawk Rock Committee cannot be responsible for any lost, stolen, or damaged items.
 3. Restrooms in the locker rooms are for Dancers ONLY. Only Dancers and members of the Hawk Rock Committee of same sex who are accompanying or helping the dancer may enter locker room.
- vi. No outside food or drink will be permitted in the Kovalchick Convention and Athletic Complex. Hawk Rock dancers will be given food and beverages throughout the event.
 1. All food allergies, dietary restrictions, etc. must be documented. Dancers will be provided food and beverages throughout the event.
 2. The use of alcohol or drugs is prohibited throughout the entire event. ANY individual found in violation of this rule will either be denied access to the KCAC or Hawk Rock.
- vii. All dancers must document their medications with the Hawk Rock staff. All serious medical conditions that would inhibit a dancer's ability to participate in an event of this type must be documented. A doctor's note permitting a dancer with a serious medical condition to participate in this event is also required. All dancers must sign a waiver removing IUP from any responsibility due to an injury during this event.

- viii. Meals and bathroom breaks will be organized by the Hawk Rock committee. If you need to leave the dance floor for food, water, or the bathroom please notify a Hawk Rock Committee member before leaving the dance floor.

6. Spectator Information:

- a. Spectators are encouraged to attend the Hawk Rock the entire time the event is held. They are also encouraged to stand as a sign of support for our dancers.
- b. Spectators will have to pay an admission fee to attend the Hawk Rock.
 - i. Spectators can pay \$5 fee to enter the door. If a spectator leaves the event he/she will not be permitted back into the KCAC without paying admission again.
 - ii. Spectators can buy a \$10 Hawk Rock t shirt. Spectators wearing the shirt are permitted to leave and enter the KCAC as they please.
 - iii. Spectators are permitted in the arena seating area, the lobby, the concession areas, and the bathrooms. They are not permitted on the dance floor, the locker rooms, or designated Hawk Rock Committee areas.
 - iv. Spectators are not permitted to bring in any outside food or beverage.
- c. Spectators are encouraged to visit the 'Hawk Gram' table in the concession area to purchase fun items and write a message to include in a baggie that will be delivered to the dancer(s) of their choice. This is a great way for spectators to show their support to dancers on the floor!

7. Overall Regulations:

- a. Dancers and Spectators must respect the authority of the Hawk Rock Committee, KCAC staff, and IUP Police. These entities have the power to stop any activity deemed negative during the Hawk Rock event. Dancers and spectators will be dismissed or reprimanded at the discretion of the Hawk Rock Committee, KCAC staff, or IUP Police.
- b. If there is an emergency or anyone is in need of assistance please notify the Hawk Rock Committee staff, KCAC staff, or IUP Police.
- c. The use of alcohol or drugs is prohibited throughout the entire event. ANY individual found in violation of this rule will either be denied access to the KCAC or Hawk Rock.
- d. Fighting among spectators or dancers is strictly prohibited. The Hawk Rock Committee will remove those who chose to engage in this activity.

BANNERS!

Dancers are encouraged to prepare banners to represent themselves. Banners will be hung around the KCAC for all to see. **(We will hang them for you!)** Banners may be no taller than 6', we recommend using nothing bigger than a Full bed sheet. Put your team/pair/individual name, organization you represent (if applicable), and add something like a motivational quote, or express hope for families – get creative!! Paint, glue, ribbon; whatever you use, make sure it will stay on the banner and is dry so that it can be folded and turned in. All banners must be appropriate and will not be hung if they are vulgar, suggestive, or discriminatory.

BANNERS DUE TO 301 PRATT HALL BY 4 PM WEDNESDAY OCTOBER 16th!

Dance and Social Media:

- Every 2 hours all dancers will do the Hawk Rock Dance together! Please visit our website (www.iup.edu/hawkrock) to view the video tutorial and learn how to dance the Hawk Rock!
- Please 'Like' our Facebook page (IUP Hawk Rock) and follow us on Twitter (@IUPHawkRock)! Share, tweet, and share some more to encourage others to get involved and dance!

SAFETY FORMS

If on a team please read/sign these forms, then give them to your Team Captain to turn in together!

Indiana University of Pennsylvania – Hawk Rock, 24 Hour Dance-a-Thon

AGREEMENT TO RULES AND REGULATIONS

--- READ BEFORE SIGNING ---

I have read these Rules and Regulations and fully agree to all components of this document. I also agree to respect the authority of and listen to the Hawk Rock Committee, KCAC staff, and IUP Police. I understand that they have the power to stop any activity deemed negative during the Hawk Rock event.

PARTICIPANT'S NAME PRINTED

PARTICIPANT'S SIGNATURE

DATE SIGNED

GROUP/TEAM NAME (if applicable)

MEDICAL, ALLERGY, EMERGENCY CONTACT INFORMATION

All dancers must document their medications with the Hawk Rock staff. All serious medical conditions that would inhibit a dancer's ability to participate in an event of this type must be documented. A doctor's note permitting a dancer with a serious medical condition to participate in this event is also required. All dancers must sign the waiver removing IUP from any responsibility due to an injury during this event. Please list any medical, food and allergy information below. Please note that this information will be held PRIVATE and will ONLY be used in the case of a serious medical emergency.

Serious Medical Conditions: _____

*A doctor's permission note is required to participate!

Medication/Doses: _____

Food Allergies: _____

Other Allergies: _____

Local Emergency Contacts: _____

Contact Name	Phone Number	Relationship
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Contact Name	Phone Number	Relationship
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Indiana University of Pennsylvania – Hawk Rock, 24 Hour Dance-a-Thon

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT AND MEDIA RELEASE

--- READ BEFORE SIGNING ---

In consideration of being allowed to participate in the Hawk Rock and its related activities, the undersigned acknowledges, understands, and agrees that:

1. I may be engaging in activities that involve certain risk of serious injury, including permanent disability, paralysis and even death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury cannot be eliminated; and
2. By using caution and common sense and acting within my physical capabilities and limitations I will greatly reduce the risk of injury to me and those around me; and
3. Prior to participation in Hawk Rock or any related activity, I will inspect the facilities and equipment to be used, and if I believe that anything is unsafe or may pose a risk of injury to me or those around me or if I am not experienced in the proper use of equipment, I will immediately remove myself from participation and bring such to the attention of the nearest official; and

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown of my participation in Hawk Rock and any of its related activities, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES (as such term is defined herein) or others, and assume full responsibility for my participation; and

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, HOLD HARMLESS AND AGREE NOT TO SUE Indiana University of Pennsylvania and any other sponsors of Hawk Rock (collectively, the "RELEASEES"), from any and all liability for any and all claims, demands, losses or damages on account of injury, including death or damage to property, resulting from my participation in Hawk Rock or any of its related activities, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I will indemnify, save and hold harmless each of the Releases from any litigation expenses, legal fees, loss liability, damage or cost they may incur as a result of defending any claim resulting from my participation in Hawk Rock.

I agree give the Hawk Rock Committee and the Indiana University of Pennsylvania permission to use photographs or video of me for publicity reasons including, but not limited to newspapers, magazines, websites, marketing materials, media outlets, etc.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID OR UNENFORCEABLE BY LAW THAT THE REMAINING PORTIONS SHALL REMAIN IN FULL FORCE AND EFFECT.

PARTICIPANT'S NAME PRINTED

PARTICIPANT'S SIGNATURE

DATE SIGNED AGE

TEAM NAME/PAIR NAME (if applicable)

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE

(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do give permission that my child/ward may participate in the Hawk Rock Dance-a-Thon. I do understand that my child/ward will be engaging in a 24 hour dance-a-thon.

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

As parent/guardian I give the Hawk Rock Committee and the Indiana University of Pennsylvania permission to use my child/ward's pictures or video for publicity reasons including but not limited to newspapers, magazines, websites, marketing materials, other media outlets etc.

PARTICIPANT'S NAME

PARENT/GUARDIAN NAME PRINTED

PARENT/GUARDIAN SIGNATURE

DATE SIGNED