

Performance Considerations: For Collaborators, PAs, & the Performer.

Schedule

- Please be aware that **mornings are the most challenging** time of day for The Performer, afternoons are the least challenging, & evenings are moderate.
- Max 2 appearances per day. This includes performances, rehearsals, and press activities.
- A minimum of 2.5 hours is required between shows &/or rehearsals for rest.

Protocol between shows

- **Quick Round** before departing:
 - Sunglasses & sound control
 - Water &/or electrolytes
 - Quick bite
 - Compression?
 - Short rest
 - If there is a demand to interact with the public etc. & The Performer feels capable of doing so, keep it **under 10 minutes** of socializing.
 - Travel to a proper restful location, stopping en route at the toilet.
 - **Full Round:**
 - Sensory management
 - Water &/or electrolytes
 - Pain management
 - Meal & review plan for timing of prep for next show/activity
 - Full nap
- OR if a snack was eaten in the Quick Round, the meal may come after the nap.
- **Prep** for the next show/activity:
 - Toilet
 - Water
 - Any hair/makeup/prop fixes
 - Snack?
 - Toilet if there won't be one backstage.
 - Travel
 - Find a quietish, out of the way corner backstage to wait and get ready.
If there is no backstage, find an out of the way corner offstage and wear big obvious headphones & sunglasses.
 - Short rest
 - Toilet if there is one backstage
 - Mic up & set up

Stage/Pitch

- A clear, step-free backstage route is required & the stage should be accessible by either level access or a ramp no steeper than 7.1° (1.5:12 rise to run or a 12.5% grade).
- Identify that quietish, out of the way corner backstage/offstage.

The Green Room/Shared Artist Break Room

- Be very careful with the social allure of the Green Room. Busy Green Rooms are not a wise place to be between shows. They cost cognitive and sensory energy. Quiet Green Rooms may be appropriate for meals.
- Generally it is wise to save social/networking energy for after work.

Quiet Resting Room

- Provided for The Performer to have total rest in a low stimulus environment. Use this space to decompress/rest after shows, and relax/get ready before shows.

Multi-Venue Events

- Comfortable transport &/or assistance moving gear from venue to venue &/or the green room will be discussed and will be provided by The Client if necessary. Factors to consider will include distance, terrain, temperature, and crowd density.

Personal Assistance

- If an event entails more than 2 days work or more than 3 appearances/performances a **Personal Assistant** is required to help reduce physical & mental exertion, manage time, & support “[The Protocol](#)”.

Weather Considerations for Outdoor Events

- The show may be stopped for rain that endangers the electric wheelchair &/or The Performer &/or audience.
- The show may be stopped if temperatures surpass 28 degrees celsius.
 - Access to cold water and refrigeration/freezer must be provided in weather over 25 degrees celsius.
- The show may be stopped if wind becomes dangerous to The Performer or audience.

Safety

- Do not be too proud to pause or stop the show. You do not need to prove yourself.
- Do not be too proud to ask for help or reinforcement. You do not need to prove yourself.
- Do not be too proud to compromise the show to set boundaries, stand up for yourself, or prevent harm. You do not need to prove yourself.
- “The show must go on” is an often abused phrase taken far beyond its useful context. One show is far less important than longevity.