

DRESSING ROOM ETIQUETTE

Tips and Tricks for Sharing Space

Dressing rooms are often sacred spaces for performers. This is where they go to collect themselves and prepare for the performance ahead or to unwind and de-role after a strenuous show. As we know on tour, private space varies and is not as common as we would hope. Therefore, dressing room etiquette is crucial for maintaining a harmonious and professional environment backstage. Whether you share a room with one other person or 15, we offer some tips and rules for dressing room behavior designed to create a collaborative and positive atmosphere backstage.

Tips and Tricks

1. **Respect Boundaries** – Keep your personal items in your allotted area.
2. **Don't Assume** – Some might be fine with lending belongings, but do not use anything that belongs to someone else without permission.
3. **Smells**- Always ask your dressing room mates before you use anything that will bring a strong smell to the room – Candles, perfumes, essential oils, sage, etc! On another note about scent, remember to wear deodorant! A lot of dressing rooms are very close quarters.
4. **Gossip**- Avoid the drama! Before sharing something with your dressing room mates ask yourself: Is what you are about to say **true**? Is it **good**? And is it **useful**? If not, don't say it!
5. **It's a Public Space** – If you have something private to say to someone, the dressing room might not be the place! Remember, what you say in the dressing room runs the risk of being on display for all in the room- and outside of it.
6. **Sounds** – Many productions ban vocalizing after half hour, and this is a good rule to go by. However, outside of half hour, your dressing room mates may not appreciate playing music out loud, singing, or anything else that might affect their concentration. Always ask consent before making any prolonged noise. Be considerate of noise levels and the impact on others.
7. **Tidy Up**- Clean up after yourself and leave the dressing room tidy for the next occupants.
8. **Know What's Shared**- Be mindful of shared resources and props. For example, don't take all of one kind of tea for yourself, the selection is for everyone!
9. **Not A Rehearsal Room** – There is no rule that says you can't prep for an audition in the dressing rooms, but consider others – it might seem reasonable to leave your sides out, but it could leave others feeling left out. Some might not have the same audition or didn't get a callback. Asking questions and supporting each other is great! But we want to be mindful of everyone's perspectives.
10. **Communicate!** – A dressing room should feel communal, in that everyone has a say. Take turns and compromise when necessary and communicate your needs with the people that you are sharing space with. Always remember to ask before you do something that might disrupt others and get permission from the room.