Health and Safety Standards
Chapman University, Hall-Musco Conservatory of Music
Last revised April 26, 2016

Chapman University Hall-Musco Conservatory of Music has Health and Safety Standards designed to address health and safety issues inherent in the practice, performance and teaching of music. This includes, but is not limited to, information regarding hearing, vocal and musculoskeletal health, injury prevention, and the proper use and operation of potentially hazardous materials, equipment, and technology.

The Health and Safety of music students, faculty and staff rests largely on personal decisions made by informed individuals. The outlined policies, protocols and healthcare support system provided by Chapman University do not override the personal responsibility of each informed student or faculty member.

Chapman University has in place an Injury and Illness Prevention Program (IIP), which is designed to help manage risk to our students.

**Hearing Conservation**

Hearing Health is addressed in certain required courses for music majors and minors, specifically, in Principles of Music Technology, MUS 244. Issues addressed include decibel meters, optimal levels of decibel exposure, and protection of hearing while performing and listening.

**Performance Injuries**

Performance injuries can occur with excessive use of various muscles, especially in the area of instrumental music performance, and can lead to such diagnoses as carpal tunnel syndrome, tendonitis and bursitis. It is imperative that the following common-sense guidelines be practiced by instrumentalists and vocalists on a daily basis, as these can prevent a majority of physical problems:

1. Be sure to warm up properly before every practice session.
2. Maintain a proper sense of form at your instrument or in using your vocal technique. Practice and teach mindfully!
3. Take breaks (about once an hour, or more frequently if needed) to stretch and relax your muscles.
4. Learn to recognize when you need to stop for a longer period of time to recuperate more fully.
5. Assess your instrument, to see if straps or carriers can alleviate strain on your body.
6. Where possible, limit your computer usage during the day, to avoid continuous strain on your hands/arms/shoulders.
7. Pay attention to pain! It surfaces as a defense mechanism in our bodies, which serves to indicate areas of over-strain.
8. Do not self-diagnose! See a medical doctor if you are feeling any pain and follow medical advice carefully.

In addition, singers are cautioned to consider the following:

1. Avoid excessively dry, air-conditioned climates.
2. Full-Voice singing should be limited to a maximum of two to three hours a day including lessons, practice sessions, ensembles, studio class and extra-curricular singing. When this limit has been reached, practice sessions should consist of studying scores and researching music.
3. Avoid throat-clearing and loud yelling, which can strain the vocal cords.
4. Read about side effects of medications that may have an adverse effect on the voice.
5. Make every effort, through rest and re-hydration, to rest the vocal folds when not singing.

**Definition of Wellness**

The National Wellness Institute ([www.nationalwellness.org](http://www.nationalwellness.org)) states that:

The term wellness has been applied in many ways. Although there might be different views on what wellness encompasses, the National Wellness Institute - along with the help of leaders in health and wellness – has shared many interpretations and models of wellness. There appears to be general agreement that:

- **Wellness is** a conscious, self-directed and evolving process of achieving full potential.
- **Wellness is** multi-dimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment.
- **Wellness is** positive and affirming.

As indicated also at [www.nationalwellness.org](http://www.nationalwellness.org), the definition of wellness is consistent with these tenets. Wellness is an active process through which people become aware of, and make choices toward, a more successful life. As defined by Dr. Bill Hettler, the co-founder of the National Wellness Institute:

- **Physical Wellness** (including hearing, vocal, and musculoskeletal health) encourages regular physical activity, good nutrition, sleep and occasional connections with healthcare providers to prevent illness and disease. It discourages harmful behaviors that include tobacco, excessive alcohol, non-prescription medications and other drugs.
- **Emotional Wellness** is having the ability to understand, acknowledge and accept a wide range of feelings in oneself and in others. It includes the ability to balance reason and emotion and it leads to improved self-esteem and confidence.
- **Occupational Wellness** includes making positive career-life choices that lead to
personal fulfillment and satisfaction in life.

- **Intellectual Wellness** includes being open to new ideas and the desire to learn from challenges and experiences. It encourages ongoing intellectual growth, curiosity and creativity.

- **Social Wellness** involves developing friendships, healthy sexual behaviors and meaningful social networks.

- **Spiritual Wellness** is the willingness to seek meaning and purpose in human existence; being open and respectful of the diverse multi-cultural beliefs and backgrounds of others and building a set of guiding values and principles. (See [www.nationalwellness.org](http://www.nationalwellness.org))

**Programs and Resources**

**Health and Safety at Chapman University (general)**

Chapman University students are supported by an array of health and wellness services, which are provided by professionally licensed nurses, nurse practitioners and physicians (please visit [http://www.chapman.edu/students/health-and-safety/health-services/](http://www.chapman.edu/students/health-and-safety/health-services/)). Services range from general physical healthcare to psychological counseling, as well as disability services and proactive health education.

The Student Health Center is located at the north-west corner of Glassell and Palm, immediately adjacent to the main campus. Services are available to all students who have paid the Student Health Center fee.

**Health Program Details**

For more detailed information on different programs within the Student Health Center, please click on the links below.

- **P.E.E.R. (Proactive Education Encouraging Responsibility)**
  [http://www.chapman.edu/students/health-and-safety/peer/](http://www.chapman.edu/students/health-and-safety/peer/)

- Disability Services
  [http://chapman.edu/students/health-and-safety/disability-services/](http://chapman.edu/students/health-and-safety/disability-services/)

- Student Psychological Counseling Services
  [http://chapman.edu/students/health-and-safety/psychological-counseling/](http://chapman.edu/students/health-and-safety/psychological-counseling/)

- Student Concern Intervention Team
  [http://www.chapman.edu/students/health-and-safety/student-concern/](http://www.chapman.edu/students/health-and-safety/student-concern/)

- Drug and Alcohol Awareness
Health and Safety Training for Student Workers in the College of Performing Arts

The College of Performing Arts provides a thorough training program for students who may be employed to work in Student Work-Study positions. In particular, students involved in audio recording services, recital-hall stage managers and the stage crew for music productions are all given appropriate and adequate instructions for proper use of materials and equipment. This training is conducted by the Head of the CoPA Production Department, by the HM Conservatory of Music Operations Supervisor and by the Director of Music Technology.

Annual Conference on Healthy Approaches in the Training of Performing Artists:

Thanks to a grant from Chapman University and support from the College of Performing Arts, this conference has been scheduled for the past five years and brings together students and faculty of the College (music, theatre and dance students), in addition to visiting experts in performing arts medicine from major arts organizations. Discussions and lectures regarding current research and strategies in caring for the needs of performing artists take place across a weekend at the beginning of the academic year. The two-day conference will take place again on September 12 and 13, 2015 in the Partridge Dance Center at Chapman University. The conference is organized each year by Professor Robin Kish and in 2015 will include the usual format of lectures, workshops and classes.

Alexander Technique Classes

Group and Individual classes in Alexander Technique are provided in the Conservatory of Music by an expert instructor in the field. MUS 112 is an interactive class, introducing the principles of the Alexander Technique and applying these principles to musical training. Material covered includes: developing the skill of self-observation, providing a physical understanding of poise as applied to musical performance, applying the Alexander Technique to daily activities, and reducing levels of habitual muscular tension while playing an instrument or singing. MUS 112 is recommended for all performance majors during the second semester of study. This appears in the four-year plan for all performance majors. Upper division music students may also take individual lessons in Alexander Technique, which are structured in terms of time and credit in the same way as private instruction in an instrument or voice.

Gym and Fitness Center Hours

The 4,000 sq.ft. Julianne Argyros Fitness Center promotes wellness and a healthy lifestyle by providing a variety of exercise activities and physical education classes, using state-of-the-art equipment. The Fitness Center is open Mon-Fri 5:00am-12:00am and Sat and Sun 8:00 am-12:00 am.
https://www.chapman.edu/students/life/fitness-and-wellness/fitness-center/

Yoga Classes
The Student Union provides yoga classes several times a week

**Local E.N.T. Resources** for Vocal Students and Faculty*

**Dr. David M. Alessi**  
310-657-2253  
8631 W. 3rd St. Suite 625, East Tower, Los Angeles

**Dr. Robert Andrews**  
310-829-7792  
Voice Center in Santa Monica  
1301 20th Street, Suite 3000

**Dr. Roger Crumley**  
101 City Drive, Orange, CA  
714-456-7017

**Dr. Steven Feinberg**  
180 Newport Center Drive, Suite 158  
Newport Beach, CA 92660 (near Hoag Hospital)  
949-266-1630, also  
NewportVoiceandSwallow.com

**Dr. Reena Gupta**  
Osborne Head and Neck Institute (in Cedars Sinai Towers)  
8631 W. 3rd, Suite 945E. Los Angeles  
310-657-0123

**Dr. Laird**  
San Diego  
619-298-7109

**Dr. Marc Kerner**  
818 349-0600  
Works at UCLA and also private practice in the Valley  
18350 Roscoe Blvd. #318, Northridge

**Dr. Charles Schneider**  
310-201-0717  
2080 Century Park East  
Los Angeles 90067

**Dr. Sunil Verma**  
714-456-5753  
UC Irvine Healthcare  
101 The City Drive South, Bldg. 56, Rm. 500
*This is only a list of local doctors who have been recommended by singers as being “singer friendly”.
It is not an endorsement for any of them. Check to see if your insurance will cover any of these doctors.