



Box 814 Caronport Saskatchewan Canada S0H 0S0
Tel: (306) 690-8137 Web: refinedundignified.com

TECHNICAL REQUIREMENTS FOR AN RU WORKSHOP

STAGE: A platform or area at least 20' wide by 30' deep completely cleared of any obstacles. A stage smaller than this or with any instability or with the presence of loose sections of floor or carpet, taped cables, steps or tiers on the stage become tripping hazards and present a serious risk of injury to the performers. If for any reason this is not possible for you, please contact us and we work with you to make arrangements.

SOUND: Either a sound system that will provide adequate volume for the room we are teaching in and a wireless mic (which we can provide) OR enough notice for us to bring our own sound system.

FACILITY ACCESS: Someone with keys on hand to provide access to any equipment closets, utility rooms, password protected computers, loading doors, etc. that we may need for the event.

SUPPORT: A staff or leader present at the venue 30 minutes before start time that is familiar with the venue sound and lighting as well as the timing schedule for the day.

PAYMENT POLICY: Full payment is due 1 month before the date of the event, cheques to be made payable to Refined/Undignified and sent to Box 814, Caronport SK, S0H 0S0.

CANCELATION POLICY: For a stand-alone event, if you cancel more than 7 days in advance you will be refunded in full, if you cancel less than that you will receive a 50% refund. For an event part of a larger tour if you cancel more than 1 month in advance you will be refunded in full, if you cancel less than that you will receive at 50% refund.

Standard RU Workshop Schedule

Opening & Hype: 10 min
Teaching: 30-50 Min
Stretch: 5



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HOSPITALITY REQUESTS

STORAGE SPACE: We need an adequate amount of space on stage, OR a nearby room where it is safe to leave our stuff while we are teaching. We will need 15 bottles of water per day and any kind of fruit or energy booster would be appreciated but not mandatory.

BRIERCREST PROMOTION: As a ministry in partnership with Briercrest College & Seminary, RU typically includes a short promotion of Briercrest before our performances. If for any reason this is not suitable to you, please contact us.

MERCHANDISE SALES: RU sometimes sets up a merchandise table with RU clothing, posters, stickers and other items available for purchase at each event. For workshops we'll often hand out free posters or stickers. If for any reason this is not suitable to you, please contact us and we can make other arrangements.

MULTIMEDIA: While on the road we typically take photos & videos of the performance and workshops to use for the promotion of the ministry of RU on our website and social media avenues. If for any reason this is not suitable to you, please contact us and we can make other arrangements.

BILLETS: For events where RU will be required to stay on location over night, we request billets for the night and meals for the duration of our stay. Please let us know if we are to provide our own bedding.

MEALS: In being athletes, we need balanced meals to give our best performance. A source of raw produce (salad, raw fruits and vegetables, baked vegetables, etc.), a source of carbohydrates (bread, pasta, whole grains, potatoes, etc.), and a source of protein (meat, beans, etc.) are needed for each meal, especially for meals right before a performance. We understand that sometimes a meal including each of these components is not a possibility and we are able to be flexible with the easiest option, but we will be enabled to give our best performance on the proper fuel. If something fast and easy is the only option (ie - takeout or delivery food), we will still request some form of raw produce (salad, apples, carrot sticks, etc.) as well. Thank you!

If you have any questions, please contact Adrian at refinedundignified@gmail.com or 306-690-8137.