

# SENSORY GUIDE

for the performance of



**PNB** PACIFIC  
NORTHWEST  
BALLET

  
SENSORY ACCESS  
ACCESS FOR ALL

# GENERAL CONSIDERATIONS

- Run Time: 1 hour and 46 minutes, including one 20-minute intermission
- Note that decibel levels (dB) recorded for this guide include times of applause and sound levels will vary depending on the specific audience
- Decibel levels are taken in the middle of the audience at row S. Levels will be louder the closer you get to the orchestra. If you have auditory sensitivity related to volume, we recommended you sit at Row S or behind to stay below 90 dB
- After some solos and pas de deux, the dancers spend time completing their bows, accompanied by sustained applause
- This is a list of possible sensory impacts you may experience while viewing this performance. Part of the magic of live dance and performance is that unexpected things happen, so not every moment can be accounted for.

Common Decibel (dB) Levels

70	Office/classroom chatter
80	Busy traffic, dog barking
90	Hairdryer
100	Lawnmower, construction site
110	Concert, night club
120	Police siren, airplane taking off

## SENSORY IMPACT KEY



Auditory Impact (loud volume, high pitch, complex sound, etc.)



Visual Impact



Emotional Impact



Strobing (possible impact for those with photosensitive epilepsy)

# ACT ONE

## Scene

## Description

## Sensory

### 01. "Overture"

- A video screen fills the entire stage and a scene plays that feels as if you are going through the snow-covered forest, into a small town
- Music is at 78 dB

### 02. "The Christmas Tree"

- Dad claps sharply a few times
- Up to 82 dB



### 03. "March of the Toy Soldiers"

- Some clapping by children
- Volume up to 80 dB

### 04. "Children's Gallop and Giving of the gifts"

- Sounds are softer here
- Lots of visual stimulation but not lighting impact

### 05. "Arrival of Drosselmeier"

- Dancers come out of the presents
- Audience claps after each solo/duet



### 06. "Clara and the Nutcracker"

- Fritz steps on the Nutcracker, but it is presented in a gentle way

# ACT ONE

Scene

Description

Sensory

07. "Grandfather Waltz"

08. "The Battle"

- Volume up to 90 dB
- Some individuals may be scared of Mouse King or the idea of battle
- Audience lighting is dark when stage gets dark
- Significant strobe lighting on two separate occasions
- Tree starts growing, lights blink rapidly
- High-pitched notes from the flutes



09. "A Pine Forest in Winter"

- Trees descend onto stage
- Volume up to 86 dB



10. "Waltz of the Snowflakes"

- Snowflakes dance
- Snow falls on stage
- High-pitch triangle notes
- Volume up to 86 dB - cymbal crash
- Bows and clapping by audience



Intermission

# ACT TWO

## Scene

## Description

## Sensory

### 11. "The Land of the Sweets"

- Volume up to 86 dB
- Stage fog reaches orchestra but not audience
- Audience clapping
- He tells the story of the Mouse fight



### 12. "Clara and Nutcracker Prince"

- Audience clapping

### 13. "Divertissement"

- a. Chocolate
- b. Coffee
- c. Tea
- d. Trepak/Candy Canes
- e. Dance of the Reed Flutes /Marzipan
- f. Mother Ginger and the Polichinelles

- Audience claps after each group of performers
- Music up to 86 dB for first few dances
- Audience may start clapping with the beat during Mother Ginger



### 14. "Waltz of the Flowers"

- There is a lot of clapping after solos
- Music up to 89 dB



### 15. "Pas de Deux and Coda"

- Music builds and reaches to 90 dB during Sugar Plum Fairy



### 16. "Final Waltz and Finale"

- Up to 87 dB
- 4 big cymbal crashes at end when the sleigh comes out



# McCaw Hall



The performance takes place at the Marion Oliver McCaw Hall in Seattle, WA. Seating is stadium style, with two aisles in the center and two on either side of the Hall. McCaw Hall is configured with an orchestra section on ground floor and two layered balconies above.