

LYME ACADEMY

O F F I N E A R T S

Figure and Portrait Model Information Sheet

At Lyme Academy of Fine Arts, we consider the professional work of figure and portrait models to be the bedrock of the Academy's mission in instructing and supporting our students. We are grateful for our models' contribution and creativity, and we welcome and encourage those of all genders, ages, ethnicities, and body shapes and sizes. The following information is to help you prepare for your modeling sessions and to ensure the safety and well-being of all parties involved.

Required Qualifications

- Physical stamina - the ability to stand and hold a pose for an extended period
- Professionalism - following instructions and making adjustments when asked
- Punctuality - arriving at the Academy on time (15 minutes before the scheduled session)
- Openness - confident in your unclothed body, particularly in front of others
- Cleanliness - being showered and well-groomed

The Model Session

A single model session is typically 3 to 3 ½ hours long and broken into 20-minute segments with a 5-minute break between each segment. A more extended 15-minute break is taken halfway through that model session. The position of your feet, legs/arms, etc., and any props used during the session will be outlined in tape to help you return to the pose after each break and assist the Instructor or Monitor in resetting the pose. During these segments, the Instructor or Monitor may ask you to adjust the positioning of your feet, legs/arms, head, etc., to keep the pose consistent.

Segment Breaks

Use your break to rest, stretch, elevate your legs, drink fluids, and eat a quick snack between segments. These measures will better prepare you and your body for future segments. During breaks, models are required to wear clothing. We recommend a robe and sandals (or any slip-on shoe), as these items are easy to take on and off, helping to keep the session on schedule.

Practice Modeling

We ask that you practice modeling for a few days before your first modeling session. It is unnecessary to practice once you have started a 1-week, 2-week, etc. long pose, as you may become fatigued. Practicing some poses at home for at least 20 minutes will help you determine your stamina level and better prepare you for the modeling sessions. You know your body best, so having an idea of what pose(s) work for you will help the Instructor or Monitor choose a comfortable and

suitable pose for both you and the art students. The more experienced you become, the more able you can hold a relaxed, steady pose.

Most importantly

- BE MINDFUL: Locking your knees for an extended period of time can cause fainting due to reduced blood flow back to the heart (see Figure 1 below).

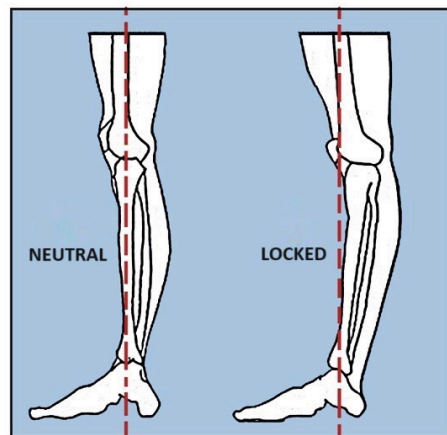


FIGURE 1

- Consider these sessions as a day at the gym/heavy workout:
 - Arrive well-rested and prepared
 - Bring water, snacks, and anything else you might need during scheduled model sessions
- Discuss any challenges you have with the pose in advance so the Instructor or Monitor can make readjustments if needed
- Find a balanced stance:
 - This helps distribute the weight evenly, allowing you to shift your weight from one leg to the other, if needed, to relieve any tension without interrupting the pose.
- Remember to BREATHE - take equal, steady inhales and exhales to help you stay relaxed throughout the session

We recognize the talent and effort our models put forth for Lyme Academy and its instructors and students. We greatly appreciate your contribution to and passion for furthering artistic development. Please let us know if you have any questions or concerns. We look forward to working with you.