



GUTHRIE  
THEATER



SOCIAL NARRATIVE

# The Performance



## Before the Performance

I will hear a series of loudspeaker announcements in the lobbies at approximately 30 minutes, 10 minutes, 5 minutes and immediately before the show begins. The voice I hear will tell me how much time is left before I need to be in my seat. I can ask an usher to guide me to my seat if I need help.

I can pick up a program with information about the show as well as a Performance Guide when I enter the theater. The Performance Guide will have information about what types of sensory moments (such as loud noises, bright lights and fast movements) I can expect at different points during the show as well as scenes that may be scary or intense.

Pre-show activities will end 15 minutes before the performance begins. I can visit the quiet areas before, during and after the performance.



## Start of the Performance

Before the show begins, the lights will start to dim. Some lights will be left on in the theater so people can see where they are going.

Someone will walk onstage to welcome everyone to the show and briefly explain what to expect during the relaxed performance. When they leave the stage, I will hear a few announcements in the theater. I will first hear a statement over the loudspeaker called a [land acknowledgment](#) that explains how the audience is gathered on the traditional land of the Dakota People and that the Guthrie honors the land itself and all the Indigenous Peoples who have lived here and stewarded the land throughout history.

When the announcements end, the show will begin!



## During the Performance: The Cast

I will observe acting, singing and dancing onstage. I will see actors wearing costumes enter and leave the stage throughout the show, and sometimes they may stand or walk close to the audience at the front of the theater.

People in the audience may clap, laugh or cheer during scenes they enjoy and at the end of the performance. I can join in if I want!



## During the Performance: Sets and Props

I may see sets rotate and change for different scenes. Large walls and buildings may move on and off the stage in different ways. I may see actors or stage crew members moving things on and off the stage in between scenes.



## During the Performance: Staying Comfortable

There may be moments of intense sensory input (such as loud noises, bright lights and fast movements) as well as scenes that may be scary or disturbing. I can refer to the Performance Guide to prepare for these moments.

I can choose to use sensory tools like headphones or fidgets to help me feel comfortable at any time during the show. I can bring these tools from home or use items available at the Guest Services Desks on Levels One, Four and Five.

I can leave the theater at any time to take a break and return to my seat whenever I feel ready. I can also get up and move to the back rows or stand in the back of the theater.



## During the Performance: Conflicting Accessibility Needs

Everyone has different strategies for staying comfortable. That means other people might make noises, movements or react to the show in ways I find distracting. It also means that I might be doing things to stay comfortable that are distracting to other guests. This is an example of “conflicting accessibility needs.”

It is also important that everyone can still see and hear what’s happening onstage as much as possible.

If I am distracted by other guests, I can try moving to a different seat in the theater. I can ask an usher for help finding an available place to sit.

If I need to make loud noises or big movements or want to use an electronic device to self-regulate, I will need to leave the theater to do so. Guthrie staff may come talk to me and ask me to redirect these activities outside the theater.



## During the Performance: ASL Interpretation and Open Captioning

Depending on which performance I attend, I may see American Sign Language interpreters standing near the stage translating the words being spoken or sung. There may also be electronic displays near the stage providing captions for the words being spoken or sung that I can read to follow along.



## During the Performance: Simulcast

I can watch the performance on small TV monitors in the hallway outside the theater. This option is available at all relaxed performances.

Depending on the performance, there may be another place in the Guthrie where I can watch the show on a screen. This is called a simulcast. If a simulcast is available, there will be signs to help me find where it is happening. I can also ask a Guthrie staff member to guide me to that area.

Watching the TV monitors or simulcast may be a good choice for me if I need to move around or want to talk quietly to the people I came with while still being able to watch the show.



## Intermission Begins

Some performances may have a break, called intermission, between the first and second acts of the show. Intermission usually lasts 15–20 minutes. All the lights in the theater will go on when it begins. I can get up, move around the theater/lobbies or use the restroom. I can also visit the quiet areas and concierge desks at this time.

Intermission is a busy time in the restrooms and lobbies. I may have to wait in line to use the restroom or reenter the theater. The theater may be the quietest place during intermission, so I can choose to stay in my seat.



## Intermission Ends

I will hear a loudspeaker announcement when intermission is about to end and the show is about to begin again. The voice will tell me it is time to return to my seat for the second act of the performance. I may also hear a chiming sound over the loudspeaker immediately before the show resumes.

The lights in the theater will dim again, but some lights will be left on so people can see where they are going.



## End of the Performance

At the end of the play, all the lights in the theater will go on again. The actors will take turns bowing to the audience from the stage. People will clap and some may stand up and cheer. I can join in the applause and cheering if I want. I may have to wait a few minutes to exit the theater and walk safely through the crowds.

I can plan to leave my seat a few minutes before the end of the performance if I want to avoid the sounds of clapping and cheering or the lines to exit the theater. I can also wait in the theater, lobbies or quiet areas for the crowds to clear before exiting the building.



## Exiting the Building

I will go back to Level One to exit the Guthrie through one of the four entrances. There are several ways to get back to Level One depending on where I am in the building. I can look at a building map or ask a Guthrie staff member to help me find my way.

It may take some time to exit the building due to the crowds. There may also be lines to exit the Riverfront Ramp. I can wait in the building if I want the crowds to clear before I leave.

Relaxed performances sponsored by



This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislative appropriation from the arts and cultural heritage fund.

Accessibility programs sponsored by

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### Questions?

Call the Box Office at 612.377.2224 or 1.877.447.8243 (toll-free),  
email Guest Services at [guestservices@guthrietheater.org](mailto:guestservices@guthrietheater.org)  
or visit [guthrietheater.org/relaxed](http://guthrietheater.org/relaxed).

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ACTOR RECOGNITION: PAGE 1: STEPHANIE ANNE BERTUMEN, SEBASTIAN GRIM AND THE CAST OF *A CHRISTMAS CAROL* 2024; PAGE 4: LAMAR JEFFERSON, BRITTANY BELLIZEARE, STEPHEN CONRAD MOORE AND KIMBERLY MARABLE IN *BLUES FOR AN ALABAMA SKY*; THE CAST OF *MURDER ON THE ORIENT EXPRESS*; TREVOR JAMES IN *INTO THE WOODS*; THE CAST OF *A CHRISTMAS CAROL* 2024; PAGE 5: SASHA ANDREEV AND JOHN YI IN *INTO THE WOODS*; PAGE 12: THE CAST OF *INTO THE WOODS*