

DRY RUN

LOW PROFILE

DRY RUN part 2:

How to save your skin when
disaster strikes with out warning

THE BOOK OF *Survival!*

SURVIVE-

car accident/plane or
train disaster/shipwreck

SURVIVE-

atomic/criminal/mob or
animal attack

SURVIVE-

quicksand/avalanche/
electric storm/fire/
flood/plague

SURVIVE-

over a wire/under rubble/
bound hand and foot

SURVIVE-

among jungle/up
mountain/down pothole/
in desert/on ice

SURVIVE-

shock and panic/thirst
and hunger/despair



33,6d

DRY RUN part 2 – how to save your skin when disaster strikes without warning

Instruction:

- You must read “The Book of Survival” by Anthony Greenbank (1967) from cover to cover, out loud and in front of an audience.
- During the performance, questions will be formed by the ‘tester’ to ensure that the ‘reader’ is learning from (and remembering) what they are reading.
- The questions are derived from the material of the book itself, from (invited) suggestions from the audience and from previously unprepared questions, improvised in the moment of the performance.
- During the performance each performer may wave/raise their ‘signal flags’ to allow for breaks. See ‘flag rules’ for appropriate flag use.
- The performance is over when the entire book has been read out loud and the final sentence, “And really keep it up right to the bitter end”, has been spoken.

For some badges, you'll see some stars or asterixes in the list of things you need to do.

****** means you have to do it.

***** means you can choose from the ideas. You might get to choose what to do for the whole of a badge, or maybe just for one or two parts of it.

MOVING ON

1. ******Show how to do the following calmly:

- talk about your ex with friends
- take down/put away photographs of her/him/ you together
- make plans for the future

2. ***** Show five types of body language, for example feeling happy, sad, angry, fed up or confused.

3. ******Study people who seem happy - think about the following:

- even this will pass
- you weren't to know
- it could be worse
- there's always next time
- you matter
- you are exactly where you need to be
- keep going
- don't look back

3. **Make up a game or activity to help other people learn from your experience. Think about how the following could be dangerous:

- too much too soon
- boredom
- thinking / dreaming about other men / women
- not talking
- routine
- not making time

**Know how to reduce these dangers.

4. *Give the name, address and telephone number of a friend, relative or neighbour who could help in a similar emergency.

**Safely store and know where to find the emergency alcohol / chocolate / phone book / savings / appropriate music/film

**Know how to contact the right person

5. *Re-visit numbers 1 – 3





A square with a diagonal split: the top-left half is yellow and the bottom-right half is red.

FOOD

A square with a diagonal split: the top-left half is yellow and the bottom-right half is red.

SWAP

A square with a diagonal split: the top-left half is yellow and the bottom-right half is red.

SMOKE

A square with a diagonal split: the top-left half is yellow and the bottom-right half is red.

TOILET

A square with a diagonal split: the top-left half is yellow and the bottom-right half is red.

REST

FOOD = During the 12 hour performance Hannah and Rachel will take 2 x 30 min food breaks. When the flag is first waved by either performer, the food should be prepared on the table in the space. Once food has been delivered/prepared, Hannah and Rachel will eat and rest for 30 minutes before continuing the performance.

SWAP = Only to be used in extreme emergencies. When this flag is raised by either performer, Hannah and Rachel may swap tasks before continuing the performance. Extreme emergencies include loss of voice, loss of mobility and loss of ability to write.

SMOKE = This flag should not be used more frequently than 5 times during the performance. When this flag is raised by either performer, that performer may go outside to smoke a cigarette before continuing the performance.

TOILET = This flag may be used according to individual need. When this flag is raised by either performer, that performer may take a toilet break before continuing the performance.

REST = This flag may be used in situations of fatigue. When this flag is raised by either performer, that performer may take a 10 minute break before continuing the performance.

low profile are rachel dobbs & hannah jones. they have been working in collaboration since 2003 to make live art and performances. they are currently based in plymouth, uk.

www.we-are-low-profile.co.uk

for more information, pictures
and details of other
performances



to ask us questions,
pose problems,
tell us stories,
share ideas,
join the mailing list,
or just to say hello,

EMAIL us at: **lowprofilepresents@hotmail.com**

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Plymouth College of Art