



PERFORMING & TOURING

RESOURCES

Tour Wellbeing Checklist

IN COLLABORATION WITH ASH KING, WELLBEING CONTENT & PROGRAMS LEAD / PSYCHOLOGIST, SUPPORT ACT

Tour Wellbeing Checklist

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This resource provides a checklist to help plan and support wellbeing on tour, covering communication, scheduling, and practical strategies to keep artists and crew healthy and sustainable.

Touring systems shape behaviour. When schedules are tight, expectations are unclear, and care is assumed rather than named, wellbeing is usually the first thing to go.

A wellbeing rider is not about perfection or special treatment. It is about being realistic and helps identify what actually supports people to perform well, stay regulated, and remain functional across long runs of work.

A pre-tour check-in with artists and crew allows issues to be addressed before they become problems. Clear agreements reduce friction, resentment, and burnout on the road. Small, intentional supports can make the difference between just surviving a tour and sustaining the people who make it happen.

This is about designing conditions that allow the work to continue without breaking the humans inside it.

Use this checklist to make sure the team's wellbeing has been considered across all aspects of the forthcoming tour.

Work and boundaries

Is there clarity for all roles, responsibilities, and lines of communication?

Have realistic expectations been set around availability and response times?

Is there an option on your communication apps / tour apps that can list certain members of the tour party as unavailable in downtimes?

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Schedule and planning

- Does the whole touring party have allocated eating times around soundchecks, pre-show and post-show where necessary?
- Has the tour been routed with adequate sleep opportunities in between performances and travel (8-10 hours)?
- Has adequate time been allocated for physical recovery between high-demand days?
- Has any of the touring party flagged specific health needs that need to be embedded in the day planning and worksheets?
- Does the band need space for decompression after the show or after meeting their fans at the merch desk - if so, what are the options for this?
- Is there a need to build in rest days if feasible in the tour routing?

Mind and movement

- Is there a movement activity the touring party could partake in?
- Is there a breathwork activity the band could introduce to their pre-show ritual?
- Is there a specific mediation or relaxation podcast to embed in the touring schedule for healthy decompression?

Support beyond the tour bus

Support Act Wellbeing Helpline

The Support Act Wellbeing Helpline offers free, confidential one-on-one counselling and support that is separate from employers, managers, or tour teams.

You can reach out for:

- One-on-one counselling
- Support during periods of stress, burnout, or transition
- A place to talk things through without judgement

You do not need to be in crisis to make contact. Sometimes support is simply about having someone to help you reset.

Looking for more resources?
Find more resources like this
one at musicnsw.com/resources

MusicNSW works, creates and listens on unceded Aboriginal land across the state. We honour elders past and present and acknowledge all First Nations peoples as the original music makers, storytellers and knowledge holders. Always was, always will be.

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