



Safe Dance Policy

Version	1
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Reviewed	Oct 2021
Scheduled for review on	Oct 2022

Introduction

Dance is a healthy form of physical activity. Dance also involves some elements of risk, including risks of both acute and chronic, physical or emotional injury. While it is not possible to completely eliminate the risk of injury, it is important that Move Through Life (MTL) has a safe dance policy that will minimise that risk.

Purpose

The purpose of the *Safe Dance Policy* covers the three principles of safe dance practice – environmental, physical and emotional. The policy provides guidelines on how to ensure safety of teachers and clients in these three areas.

Definitions and Acronyms

MTL

Move Through Life Dance.

Dance Activities

Any dance classes, workshops, master classes, video tutorials, practice videos, rehearsals and performances organised by MTL.

Teacher

Anyone contracted to teach dance activities for MTL.

Contractors

Anyone engaged on a Contract For Service basis (ie an independent contractor) to deliver services to for MTL.

Clients

Anyone who participates in MTL activities and events.

Venues

Any venue used by MTL for dance activities

Safe dance

The term 'safe dance' was created by Hilary Trotter, editor of Ausdance's three Safe Dance Reports, published between 1990 and 1999. The term described ground-breaking research into the incidence of dancers' injuries, and the recommendations resulting from that research which outline injury prevention and management strategies.

Policy

Responsibilities

Directors

- Approve the policy and review annually.
- Consult with contractors and clients as to the relevance of and adherence to the policy and amend the policy as and when required.
- Circulate the policy to contractors and clients and publish the policy in a manner which is accessible to members of the general public.
- Take reasonable steps to ensure the policy is adhered to in all dance activities overseen by MTL, either directly or through delegated authority.

Teachers

- Be aware of key principles of safe dance practice and how to incorporate these into classes
- Adhere to the guidelines and procedure outlined in the policy.
- Communicate the policy to others if required.
- Advise the Studio Owner if the policy requires amendment.
- Communicate information to clients in the course of delivering dance activities to empower clients to be responsible for their own safe dance practice

Clients

- Take responsibility for their own safe dance practice, including appropriate warmup and cooldown before and after class, advise teachers of any injuries, modify movements when needed to protect their own body
- Adhere to the guidelines and procedure outlined in the policy.

Procedure

Guidelines or Management

- Actively encourage a culture that recognises and values safe dance practice
- Provide new teachers with an induction that includes safe dance practice and principles, and related policies such as the hot weather and injury and incident policies and procedures.
- Encourage teachers and clients to continue to build their knowledge of safe dance practice and principles
- Provide access to first aid kit in all dance venues
- Maintain a register of first aid qualifications of all teachers

- Maintain policy, procedure and records associated with any injuries or incidents
- Publish information to clients to help them develop a greater understanding of safe dance and how to take responsibility for their own safe dance practice
- Ensure all teachers have adequate qualifications and experience to enable them to deliver dance activities in accordance with safe dance practice.
- Ensure venues and activities conducted in those venues enable and support safe dance practice

Guidelines for Teachers

- Apply knowledge of basic principles of anatomy and physiology in relation to safe dance practice
- Provide an appropriate warm up and cool down as part of dance activities
- Regularly scan the venue to identify any hazards and take steps to address the hazard (such as removing the hazard or, where unable to do so, advising Studio Owner as soon as possible)
- Ensure dance activities take into account the skill level, physical capacity, and abilities of clients
- Emphasis importance of correct alignment and technique in all teaching
- Use anatomically correct terms in describing movement and body parts (and relate these terms to everyday terms so clients develop understanding of the anatomically correct terms)
- Ensure first aid training is up-to-date and provide MTL with details of training and qualifications
- Ensure awareness of MTL injury and incident procedures and adhere to them whenever applicable
- Be aware of location of first aid kit and other first aid materials (such as ice packs in freezer, location of defibrillators)
- Ensure awareness of MTL hot weather policy and know how and when to apply it
- Actively encourage a culture that recognises and values safe dance practice
- Ensure all language and behaviour that provides an emotionally safe environment for clients, teacher and other members of the MTL community, including but not limited to, ensuring acceptance and celebration of all body types

Guidelines for clients

- Arrive at class at least five minutes before class is due to commence to engage in their own warmup and to ensure they go through the warmup section of the class
- Ensure adequate personal cool down after class
- Advise teacher of any injuries or physical conditions of which they need to be aware in order to deliver dance activities
- Take responsibility for looking after their own body, including seeking treatment and advice for any injuries from relevant health professionals
- Wear clothes that do not present any hazards, such as slipping or over heating
- Develop knowledge of the principles of safe dance practice, basic anatomy, and the RICER approach to treating injury (rest, ice, compression, elevation, referral)

Guidelines for other contactors

- Develop understanding of how elements of contractor's role may impact on safe dance practice in the studio
- Recommend any changes requires to responsibilities and procedures that can improve safe dance practice in the studio.

Related Documents

- Injury and incident policy and procedure
- Hot weather policy
- Social media policy

Review

This policy will be reviewed annually by the MTL Studio Owner and amended as appropriate.