



THE KNIGHT'S ACADEMY OF DANCE

Safer Dance Practice

Last reviewed: September 2019

This policy will be reviewed at least annually and/or following any updates to national and local guidance and procedures



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Safer Dance Practice

Statement of intent

Healthy and safe dance practice is so much more than just industry regulations, it is the best way to reduce injury risk and to optimise performance.

The Dance teachers at The Knight's Academy of Dance benefit from a greater understanding of different dancing bodies and how the needs of dancers change with their development, level of participation and the stylistic demands of an ever-growing range of genres.

The teachers know more about physiologically effective ways to warm-up and cool down, when and how best to stretch to recover and improve flexibility, and how to support our bodies with proper nutrition and hydration.

By understanding how to structure dance sessions from a physiological perspective, the teachers can enhance the dancer's learning and experience, making it not only safer but more productive.

Communicating effectively with pupils will help to nurture a positive psychological environment so that all dancers are respected, and safeguards can be put in place.

Health and safety guidelines are important to protect dancers and teachers, including knowing how to prepare the environment in which we dance so that facilities are suitable for dance activity. The teachers can mediate potentially negative situations with risk assessment, injury documentation and insurance.

To keep up to date with the latest recommendations, dance teachers and dancers, can refresh their practice through continuing professional development activities that help to distil the research into applicable knowledge.

Everyone involved in dance should be able to train, teach, rehearse or perform in a physiologically and psychologically safe and supportive environment.

Rather than limiting creative risk, healthy and safe dance practice will support the art form as it continues to develop, enhance performance and most importantly, support wellbeing for all dancers.

Reviewed by Stacey Knight, Principal

Date: 6th September 2019