



HEALTH POLICY

Document Number:
Version: Final (17/04/2009)
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Approved by board on: 17 April 2009
Scheduled review date: 17 April 2010

INTRODUCTION

Move Through Life promotes health to its dancers, audiences and workshop participants and supports the provision of healthy environments.

TOBACCO

MTL recognizes that smoke free environments protect non-smokers from the harmful effects of Environmental Tobacco Smoke and help reduce tobacco consumption levels. MTL will support quitting attempts and discourage the uptake of smoking – particularly by young people.

- All indoor and designated outdoor performances areas will be 100% smoke free.
- All official functions conducted by MTL will be 100% smoke free.
- Tobacco products will not be sold by MTL or on any premises under the control of MTL.

FOOD AND CATERING

MTL understands and recognizes the importance of good nutrition and the role it plays in promoting health and optimal performance.

- Where food is available at functions conducted by MTL healthy alternatives will be served.
- For more information, please refer to the MTL Food Hygiene Policy.

ALCOHOL AND OTHER DRUGS

Alcohol and Other Drugs – in the interest of health and safety MTL support strategies to minimize harm from alcohol and other drugs.

- If Alcohol is served, it will be accompanied by food and non-alcoholic alternatives will be provided
- MTL will abide by liquor licensing laws. For standard drink measurements, please refer to Annexure A
- The use of illicit or performance enhancing drugs will not be allowed at any performances or activities under the control of MTL.

SAFE DANCE

MTL is committed to the safe participation of dancers and the prevention of injury.

- Warm-up, stretch and cool-down routines will be conducted at all training sessions and performances.
- Appropriate first aid training will be available to relevant instructors and equipment and ice for injury treatment will be provided at rehearsal and

- performance venues
- Correct fluid replacement practices will be implemented at all times.
- Interested persons are encouraged to undertake basic training to provide a wider understanding of preventions for injury and treatment of basic injury.
- For more information, please refer to the MTL safe dance policy

OTHER

MTL administrators and dancers recognise they act as role models to the general community and particularly to young people and will take this responsibility seriously.

EVALUATION

The board will be responsible for assessing the effectiveness of the policy on a regular basis. This is best achieved as an agenda item for the board discussion. Any shortcomings will be noted and actioned

REVIEW

MTL will review this policy annually and ensure that safety is a long-term commitment of MTL and to ensure that all dancers associated with the Company are aware of the policy. Breaches will be addressed through the management of MTL.