



SAFE DANCE POLICY

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Responsible person:	Director Jo McDonald
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INTRODUCTION

Dance is a healthy form of physical activity. Dance also involves some elements of risk, including risks of both acute and chronic injury. In recent years, there has been increasing emphasis on safe dance practice throughout the dance sector, following commencement of the *Safe Dance Practice* project by Ausdance in 1990. 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* is to provide guidance that will minimise the incidence of injury amongst MTL dancers and inform management of injuries that are sustained.

DEFINITIONS AND ACRONYMS

Dance activities

Any dance classes, workshops, masterclasses, rehearsals and performances organised by MTL.

Dance facilitators

Anyone delivering or supervising a class, workshop, masterclass, rehearsal or performance engaged by MTL.

Dance participants

Anyone participating in a class, workshop, masterclass, rehearsal or performances organised by MTL.

Dance venues

Any facilities or spaces where MTL conducts dance activities.

MTL

Move Through Life Inc and Move Through Life Dance Company.

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

Board of MTL

- Seek advice about safe dance from the director of MTL and others with recognised expertise in dance and safe dance practice, such as Ausdance
- Approve the safe dance policy and procedure and review annually
- Circulate the policy amongst MTL dance participants and facilitators and publish so it is accessible to the general public
- Consult with stakeholders about relevance of and adherence to the policy and procedure and amend the policy as required

Director of MTL

- Advise the board of MTL about developments in safe dance practice and theory
- Take reasonable steps to ensure the policy is adhered to in all dance activities overseen by MTL, either directly or through delegated authority

Dance participants and facilitators

- Adhere to the procedure outlined in the safe dance policy
- Communicate the policy to others if required
- Advise the director or board if the policy needs amendment

Procedure

The board of MTL and their delegated officers shall adhere to the following:

Access to information

- Actively encourage a culture that recognises and values safe dance practice
- Display the principles of safe dance practice in dance venues where dance activities are held
- Provide new dance participants and dance facilitators with an induction that includes the safe dance policy and principles
- Encourage dance facilitators and dance participants to continue to build their knowledge of safe dance practice and principles
- Encourage dance participants and facilitators to adopt a whole of life approach to health and wellbeing

Dance activities

- Dance activities will be organised to take into account the skill level and abilities of the participants
- Facilitators will apply knowledge of basic principles of anatomy and physiology in relation to safe dance practice

Warm up and cool down

- Encourage dance participants to arrive 15 minutes prior to commencement of scheduled activities to conduct their own warmup
- Ensure dance venues are open at least 15 minutes before dance activities commence so dance participants can enter and conduct personal warmup
- Include a warm up and cool down section in all dance activities
- Require dance facilitators to provide either a structured warm up and cool down, or to provide time and space for dance participants to conduct their own warm up and cool down

Injuries

- Provide access to a first aid kit and person with knowledge of first aid during all dance activities
- Treat any injuries in accordance with the RICER procedure (rest, ice, compression, elevation, referral), as recommended by Ausdance SA
- Provide a safe dance venue, including conducting a venue safety audit for all dance facilities where possible
- Encourage participants to wear appropriate clothing and foot wear
- Encourage a nurturing, accepting, and emotionally safe atmosphere

For details of terms mentioned above, refer to the document *Principles of Safe Dance Practice*.

RELATED DOCUMENTS

- Principles of safe dance practice
- Venue safety audit procedure
- Health and safety policy

REVIEW

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