

SAFEDANCE POLICY

Pacifis Pty Ltd
ABN 83 126 712 909

The Company and its staff will:

Encourage healthy lifestyles for dance students:

- Encourage physical and emotional health through advice or referral to counselling where appropriate and necessary.

Use knowledge of basic principles of anatomy and physiology to enhance safe dance practice:

- Apply knowledge of the basic structure of the body (i.e. skeletal system, major bones, joints, muscles).
- Correctly apply alignment principles (appropriate to the genre or style).
- Apply fitness requirements for particular styles of dance or dance roles being taught.

Employ effective injury prevention and management strategies:

- Practice safe warm-up/cool-down procedures appropriate to the style of dance as an integral part of lesson planning.
- Be aware of the various types of stretching (appropriate to the style or genre) and be able to identify their advantages and disadvantages.
- Sequence dance exercises effectively and safely.
- Identify risk factors in dance exercises and technique relevant to the style of dance and to individual students.
- Provide a safe dance environment, e.g. venue, floors, facilities.
- Should out-of-class practice be necessary, advise use of safe environment.
- Be aware of common dance injuries as relevant to the style or genre.
- Implement current injury recovery and rehabilitation procedures when necessary.
- Correctly use basic First Aid procedures. An appropriate First Aid kit will be available and readily accessible.
- In case of injury employ CERI (Compression, Elevation, Rest, Ice).
- Have knowledge of sources of information/resources on dance safety.

This SafeDance Policy is based on the SafeDance Practice Level 1 guidelines developed by the Australian Dance Council (Ausdance).