



# DANCE CLASS/PERFORMANCE

## Safety Guide

Youth Group

4

Key Benefits

16

Control Measures

19

Checklist Items

## KEY BENEFITS

### Physical Fitness

Improves physical fitness, flexibility, and coordination.

### Rhythm & Musicality

Enhances rhythm and musicality through movement.

### Teamwork

Fosters teamwork and synchronization in group performances.

### Confidence

Builds confidence through stage presence and audience interaction.

**KEY HAZARDS & CONTROL MEASURES****Strains & Sprains**

- ✓ Proper warm-up before every session
- ✓ Correct technique emphasized
- ✓ Age-appropriate choreography
- ✓ Cool-down and stretching routine

**Collisions**

- ✓ Adequate space per dancer
- ✓ Controlled group sizes
- ✓ Clear floor markings
- ✓ Props stored safely when not in use

**Fatigue & Overheating**

- ✓ Regular water breaks scheduled
- ✓ Rest periods built in
- ✓ Room temperature monitored
- ✓ Signs of fatigue monitored

**Floor Hazards**

- ✓ Floor inspected before use
- ✓ Appropriate footwear required
- ✓ Spills cleaned immediately
- ✓ Cables and obstacles removed

**PRE-SESSION SAFETY CHECKLIST****Risk Assessment**

- |                                                                                |                                                                                       |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <input type="checkbox"/> Complete and review risk assessment for this activity | <input type="checkbox"/> Ensure all identified hazards have control measures in place |
| <input type="checkbox"/> Brief all staff on key risks and emergency procedures |                                                                                       |

**Space**

- |                                         |                                               |
|-----------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Floor checked  | <input type="checkbox"/> Obstacles removed    |
| <input type="checkbox"/> Mirrors secure | <input type="checkbox"/> Temperature suitable |

**Warm-Up**

- |                                                |                                              |
|------------------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Warm-up planned       | <input type="checkbox"/> Cool-down scheduled |
| <input type="checkbox"/> Stretches appropriate | <input type="checkbox"/> Intensity suitable  |

**Attire**

- |                                           |                                                 |
|-------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Footwear checked | <input type="checkbox"/> Jewellery removed      |
| <input type="checkbox"/> Hair secured     | <input type="checkbox"/> Loose clothing avoided |

**Welfare**

- |                                              |                                             |
|----------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Water available     | <input type="checkbox"/> First aid ready    |
| <input type="checkbox"/> Rest breaks planned | <input type="checkbox"/> Medical info known |



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WIZARD

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