RISK ASSESSMENT WIZARD



DANCE CLASSES

Safety Guide

School Education

4	16	19
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Coordination

Enhances coordination, rhythm, and body awareness.

Confidence

Builds confidence through performance and creative expression.

Teamwork

Strengthens teamwork via ensemble work and choreography.

Memory Skills

Supports memory and sequencing through learning routines.

KEY HAZARDS & CONTROL MEASURES

Floor & Space Safety

- ✔ Floor checked and cleaned before each session
- ✔ Sprung or appropriate dance flooring used
- ✔ Adequate space between dancers maintained
- ✔ Bags and obstacles cleared from dance area

Physical Strain

- ✔ Proper warm-up at start of every session
- ✔ Cool-down and stretching at end
- ✔ Progression appropriate to ability level
- ✔ Rest breaks included in longer sessions

Partner Work & Lifts

- ✔ Lifts taught progressively with spotters
- ✔ Partner matching considers size and strength
- ✔ Consent established for contact work
- ✔ Instructor demonstrates safe technique

Changing Rooms

- ✔ Changing areas supervised appropriately
- ✔ Clear protocols for adult entry
- ✔ No phones or cameras permitted
- ✔ Private changing options available

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Ensure all identified hazards have control measures in place
- [ ] Brief all staff on key risks and emergency procedures

Environment

- [ ] Floor clean and dry
- [ ] Space adequate
- [ ] Mirrors secure
- [ ] Ventilation working

Physical

- [ ] Warm-up planned
- [ ] Water accessible
- [ ] First aid available
- [ ] Appropriate footwear

Supervision

- [ ] Qualified instructor
- [ ] Ratios appropriate
- [ ] Medical info known
- [ ] Register taken

Safeguarding

- [ ] Changing supervised
- [ ] Touch protocols clear
- [ ] Photo consent checked
- [ ] Emergency contacts

RISK ASSESSMENT WIZARD

Take Your Safety To The Next Level

Create professional, customized risk assessments for your organization with our easy-to-use online wizard.

390+

Activity Templates

Pre-loaded hazards & controls for every activity

100%

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