



DANCE CLASSES

Safety Guide

School Education

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Key Benefits

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Control Measures

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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**

- | | |
|--|---|
| <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 | |

Environment

- | | |
|--|--|
| <input type="checkbox"/> Floor clean and dry | <input type="checkbox"/> Space adequate |
| <input type="checkbox"/> Mirrors secure | <input type="checkbox"/> Ventilation working |

Physical

- | | |
|--|---|
| <input type="checkbox"/> Warm-up planned | <input type="checkbox"/> Water accessible |
| <input type="checkbox"/> First aid available | <input type="checkbox"/> Appropriate footwear |

Supervision

- | | |
|---|---|
| <input type="checkbox"/> Qualified instructor | <input type="checkbox"/> Ratios appropriate |
| <input type="checkbox"/> Medical info known | <input type="checkbox"/> Register taken |

Safeguarding

- | | |
|--|--|
| <input type="checkbox"/> Changing supervised | <input type="checkbox"/> Touch protocols clear |
| <input type="checkbox"/> Photo consent checked | <input type="checkbox"/> Emergency contacts |



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