



## THEATRE PECKHAM SAFE DANCE POLICY

Whilst dance is regarded as one of the safest forms of physical exercise, care needs to be taken to minimise the risk of injury. Theatre Peckham will ensure your child's safety by taking the following precautions:

1. All our tutors will be appropriately qualified and/or experienced and are required to conduct classes in a professional manner and create a positive atmosphere.
2. All exercises will be carried out in an informed and controlled way, taking into account the structure of the body and limitations on body movement.
3. Each session will start with warm up and end with cool down exercises.
4. Class sizes will be appropriate to the levels and techniques being taught.
5. Class members in each group will be of a compatible age and/or standard.
6. The spaces used for classes will be clean and have the correct temperature setting.
7. The flooring will be non-slip and appropriate to the techniques being taught. All obstacles and trip hazards will be removed from the teaching area.
8. Class members engaging in strenuous activity will be encouraged to drink water to avoid dehydration.
9. Tutors, assistants and volunteers will be aware of procedures for dealing with medical emergencies and for ensuring incidents are recorded in an accident book.

**In addition:**

10. Class members are required to wear suitable clothing and in particular, suitable footwear. It is compulsory to wear the correct uniform for each class (please refer to Uniform Guidelines).
  
11. All personal effects belonging to class members, such as jewellery, must be removed or made safe before the session commences.
  
12. Hair must be secured off the face for all students. Long hair should be tied back and bound at the back of the neck. Very full hair should be secured to show the outline of the head. For Acro and Ballet hair should be dressed according to the requirements of the teaching staff.

Created	2013	
Reviewed	21/11/2022	Amy Hubbard
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Date of renewal	26/02/2024	Andreea Urzica