A1 Dance – Health and Safety

1. Statement of Intent

"A1 Dance is strongly committed to the health, safety, and well-being of all our students, staff, and visitors. We will, so far as is reasonably practicable, provide safe facilities, clear procedures, and a positive environment to prevent injury and promote safe dance practices."

2. Responsibilities

- **The Principal / Owner:** Has overall responsibility for the policy, ensuring risk assessments are completed and first aid equipment is maintained.
- **Teachers:** Responsible for enforcing safety rules, checking the studio for hazards before class, and should teach students safe warm up and cool down techniques.
- **Students / Parents:** Must wear appropriate dancewear
- **Students / Parents:** Must follow teacher instructions and report any injuries or medical conditions.

3. Studio & Equipment Safety

- **Floor Checks:** Floors must be checked for debris, trip hazards, or spillages prior to class, and swept or cleaned if needed.
- **Equipment:** Barres and mirrors must be secure. Electrical items (music systems, portable heaters) should be tested annually, and wires kept clear of walkways.
- **Ventilation & Temperature:** Studios to be adequately heated, cooled, and ventilated to the best of our ability, to prevent fatigue or overheating.

4. Personal Safety & Dress Code

- **Uniform:** Proper footwear and non-restrictive clothing appropriate to the dance style must be worn to prevent injury and slips.
- **Hair & Jewellery:** Long hair must be tied back off the face, and all jewellery should be removed or taped to avoid snagging or injury.
- **Hygiene:** Dance sometimes needs close contact work, and students are encouraged to have good personal hygiene. Spray deodorants should not be used in any A1 Dance venue.
- **Hydration:** Students should ideally bring non-spill water bottles. Breaks will be given appropriately for hydration. Glass bottles not allowed.

5. Medical & First Aid

- **Information:** Emergency contact details and medical information (e.g., asthma, allergies) will be kept securely on file for every student.
- **First Aid:** A stocked first-aid kit and an accident record book will be kept on-site.

6. Fire & Emergency Evacuation

- **Fire Exits:** All fire exits must be clearly marked and kept entirely unobstructed at all times.
- **Assembly Point:** In the event of an alarm, staff will safely guide students out of the building to the designated assembly point.

7. Child Safeguarding & Supervision

- **DBS Checks:** All staff & relevant volunteers will hold up-to-date Enhanced DBS checks.

- **Drop-off & Pick-up:** Students remain the responsibility of their parent / guardian outside of class times. Guardians should stay with younger children until they enter the class and must be collected by a known parent / guardian.