

# **Dance Fusion UK – Health & Safety Policy**

## ***1. Statement of Commitment***

Dance Fusion UK is committed to providing a safe, inclusive, and encouraging environment for all participants. We acknowledge that dance is a physically demanding activity and are dedicated to reducing risks through thorough planning, supervision, and communication. We aim to create a space where all individuals can participate with confidence, knowing their wellbeing is a priority.

## ***2. Responsibilities of Dance Fusion UK***

- Conduct routine risk assessments of all venues prior to sessions.
- Ensure that dance floors are clean, dry, unobstructed, and safe for movement.
- Clearly mark any potential hazards (e.g. steps, low ceilings, fire exits).
- Provide appropriate warm-ups and cool-downs to minimise the risk of injury.
- Adapt choreography and movement where needed for participants with injuries or physical limitations.
- Maintain appropriate Public Liability Insurance and ensure instructor First Aid certification is up-to-date.
- Keep an accessible, stocked first aid kit on-site during every class.
- Ensure clear communication of health and safety expectations to students.

## ***3. Responsibilities of Students***

- Inform the instructor of any injuries, pre-existing conditions, or physical limitations before class.
- Wear suitable attire: flexible, comfortable clothing and footwear that supports safe movement.
- Bring water and remain hydrated throughout the session.
- Participate in warm-up and cool-down activities to reduce injury risk.
- Listen to instructions and ask questions if unsure about a movement.
- Refrain from attending if feeling unwell, feverish, or contagious.
- Alert the instructor to any hazards observed or any discomfort or injury during class.
- Be respectful of others' space and mindful to avoid collisions during class activities.

## ***4. First Aid & Emergency Procedures***

- A basic first aid kit will be present at all class locations and maintained by the instructor.
- Instructors are first aid trained and able to assist with minor injuries (e.g. sprains, strains, cuts).
- In the event of a more serious injury or health emergency, emergency services will be contacted immediately.
- Emergency contact details provided by students (if submitted) will only be used in urgent situations.
- An accident or incident form will be completed for any injuries that require first aid or emergency intervention.

## ***5. Venue Safety & Equipment***

- All class venues will be assessed regularly for health and safety risks including floor condition, lighting, ventilation, and exit access.
- Class sizes will be managed to avoid overcrowding and ensure adequate space for movement.
- Fire exits and emergency procedures will be clearly understood and reviewed by the instructor.

- Any equipment (e.g. props, portable speakers) used in class will be regularly checked for safe function.

#### **6. COVID-19 and Contagious Illness**

- Students should not attend class if experiencing cold/flu symptoms, fever, or have tested positive for any contagious illness.
- Hand sanitiser will be made available in all venues, and use is encouraged upon entry.
- The instructor will notify students if any illness-related class cancellations or guidance changes occur.

#### **7. Reporting & Incident Management**

- Any accidents or near-misses occurring during class must be reported to the instructor immediately.
- Dance Fusion UK will record incidents using an Incident Report Form and maintain records for reference and improvement.
- Serious incidents will be reviewed to identify causes and improve future safety practices.
- Feedback from students regarding safety concerns is welcomed and will be taken seriously.

#### **8. Policy Review & Compliance**

- This policy will be reviewed annually, or earlier if prompted by an incident, change in guidance, or operational shift.
- Dance Fusion UK will remain informed of any changes to legal health and safety standards applicable to dance instruction.
- Students will be informed of any major updates to the policy and may request a copy at any time.