

## Health Safety Safe Dance Practice

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### Health Safety Safe Dance Practice

By considering safe and health dance practice principles, we will be able to: take into account the specific needs of different groups of dancing bodies include a physiologically sound warm-up and cool down in our practice recognise good functional alignment appropriate to our specific dance style ...

### So What is Safe and Healthy Dance Practice? - Safe in ...

Safe in Dance International (SiDI) can endorse an individual's knowledge and practical application of safe practice principles through their "Healthy Dance Practice", "Healthy Dancer" and "Preparation for Healthy Dance" Certificates. Everyone involved in dance should be able to train, teach, rehearse or perform in a physiologically and psychologically safe and supportive environment.

### Healthy Dance Practice - CDMT

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### Health Safety Safe Dance Practice

ensure adequate ventilation and temperatures that are within the recommendations. In dance classes or rehearsals, the potential for injury tends to increase: during sessions in which students experiment with movement that requires a high degree of control, strength or coordination (e.g. lifts, jumps).

### Work health & safety for the dance industry » Ausdance ...

Definitions of safe dance practice - Safe dance practice is the holistic approach to the art and science of dance which assists me in maintaining optimum physical and emotional wellbeing as a dancer. It aims to prevent dance related injuries and how to treat injuries should they occur.

### Safe Dance Practice - HSC DANCE

Top 10 Safety Tips from DanceSafe 1. The Buddy System. Always travel with a friend. Always share with your friend any potential substances you have taken... 2. Chill Out and Take a Break. Dancing and exhausting your body for several hours can result in dehydration or heat... 3. Hydrate and Replenish ...

### Top 10 Safety Tips from DanceSafe | DanceSafe

The principles of safe dance practice written by Human Kinetics The principles of safe dance practice combine scientific evidence with practitioner wisdom promoting health, well-being and optimal performance for dancers. What is safe dance practice?

## **The Principles of Safe Dance Practice, How to Dance Safely**

Choose a dance style that is appropriate to your level of fitness. Wear professionally fitted shoes appropriate to your style of dance. Warm up thoroughly before you start dancing and include stretches. Check with your dance instructor that you are using the correct posture or technique.

## **Dancing - preventing injury - Better Health Channel**

Parents must be responsible for ensuring your child's punctuality. Dress code must be observed at all times, especially footwear for safe dance practice. Only indoor dance shoes should be worn inside the studio to protect the floor and for health and safety reasons. Shoes must be worn when using the toilet facilities.

## **Health and Safety Policy - The Studios Dance**

DanceSafe is a peer-based, harm reduction organization promoting health and safety within the electronic music community. We provide non-judgmental, truthful drug information and health and safety services at festivals and other EDM events.

## **DanceSafe**

Mission of Safe Dance Practice •Every dancer regardless of age, experience, ability and style should be able to engage fully in the act of dancing without risk of harm to the body or mind, while also being supported to achieve their full potential. •Regardless of setting: recreational, educational, vocational, professional

## **Safe Dance Practice: Enhancing Participation**

No - safe dance practice is the complete opposite, it is a means by which dance can continue to challenge physical (and mental) capabilities, through the application of knowledge and understanding of research-informed practice.

## **Dancing Longer: Safe and effective dance practice to ...**

All carers must ensure they promote safe practice, this includes following COSHH (Control of substances hazardous to health) to health regulations 2002. COSHH is defined under the Health and Safety at work Act 1974. This regulation states that employers must prevent or reduce exposure to substance that is hazardous to someone's health.

## **Principles of Safe Practice in Health & Social Care**

Provide a Safe Dance environment which includes If the ideal environment is not available, design/adapt the activity so that is safe and conduct regular risk assessment checks. a venue that is free of obstacles such as furniture, building support structures, shoes and clothing

## **Safe dance practice » Ausdance | Dance Advocacy**

Dance spaces - the requirements for safe and optimal dance practice are: • A clean, suitably sprung floor with the appropriate surface for the type of dance (see alsoImproving Dance Floors and Dance Floors by Mark Foley (1998, Dance UK)). • A high enough ceiling to allow jumping, leaping and lifting without obstruction.

## **One Dance UK | Industry Standards - One Dance UK**

Healthy Dance Practice Certificate (HDPC) The Healthy Dance Practice Certificate is designed for those teaching or leading dancers in any setting and in any style. This Certificate asks you to provide evidence of your understanding of all of the Core Principles by completing all of the Sections: One, Two and Three.

## **Healthy Dance Practice Certificate (HDPC) - Safe in Dance ...**

Safe Dance Practice contains 11 chapters, which can be accessed sequentially or studied in any order. The first eight chapters present environmental, anatomical, physical, and psychological principles of safe dance practice.

## **Safe Dance Practice - Human Kinetics**

Safe Dance Practice can be defined as "allowing all dancers of every age, ability and style to engage fully in the act of dancing without risk of harm to the body or mind, while also supporting them to achieve their full potential" (1).

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