

## 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 ...

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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.

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### Healthy Dance Practice - CDMT

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.

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### Health and Safety Policy - The Studios Dance

Safe dance practice refers to the preparation and execution of dance performance and ensures physical and emotional wellbeing of the dancer. There are 5 main parts to safe dance practice (but there are also a number of topics that are not listed in the syllabus, see below). Warm up/cool down. Stretching. Alignment.

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### Safe Dance Practice - HSC DANCE

by in Safe Dance® fact sheets In every state and territory of Australia there is health and safety legislation that applies to all workplace practices. Whether you are a teacher, studio owner, community arts worker or artistic director, it is important to know about your responsibilities and legal obligations.

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

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### Health Safety Safe Dance Practice - orrisrestaurant.com

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 also Improving 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

Cool down after a dance session and stretch again. Drink plenty of water before, during and after dancing. Wear layers of clothing that you can take off as your body warms up. Wear professionally fitted shoes appropriate to your style of dance. Proper dance shoes distribute load, absorb impact, and support your foot.

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Dancing - preventing injury - Better Health Channel

Health and Safety in the Studio 2. It may seem quite logical, but dance can be a dangerous activity if caution is not taken to ensure that all risks of injury are minimised. You need to be aware of these both for your own safety- and because it may appear on your Unit 1 exam!

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Health and safety in the studio - SlideShare

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 ...

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Top 10 Safety Tips from DanceSafe | DanceSafe

Safe Dance Practice takes a multidisciplinary approach to the components of dancing safely, integrating principles without compromising dancers' artistic creativity and expression.

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People Dancing :: Safe Dance Practice :: Foundation for ...

Safe Dance® fact sheets Basic information about creating a safe dance environment, increasing awareness of the body and how it functions, and minimising risk of both accident and injury.

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Safe Dance® fact sheets » Ausdance | Dance Advocacy

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?

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The Principles of Safe Dance Practice, How to Dance Safely

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.

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

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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Safe Dance Practice - Hannah Etlin-Stein

Health and Safety At The Dance Barn we aim to provide and maintain safe and healthy working conditions, equipment and systems of work for all members of the school community and to provide such information, training and supervision as is required for this purpose.

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Health and Safety - The Dance Barn

These Safe Dance ® practice guidelines include how to set up a safe learning environment, what makes a practice or performance venue safe, the importance of cater for physical different bodies and abilities, how movements might impact on the body, and simple injury prevention and management strategies.

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Safe Dance ® | Dance topics » Ausdance | Dance Advocacy

Education in and access to up-to-date information on healthy dance practice, injury prevention and dance science. Safe and appropriate spaces to work in. An environment that allows for adequate rest, nutrition, hydration. An environment that is conducive to psychological as well as physical health in order to meet the performance demands of the ...

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