



Canberra Dance Theatre OHS Policy

1. Introduction

CDT aims to provide a safe dance environment, effective and safe lesson planning and teaching methods, and to ensure that all services are provided safely. This includes providing a safe office and other facilities.

2. Safety in the Dance Environment

Studio features:

- Unobstructed space
- Bars are securely fastened
- Sprung dance floor to reduce impact
- Dance floor kept clean with cleaning protocol in place
- Kept at a comfortable temperature

3. Effective and Safe Teaching

CDT employs fully accredited and trained staff who are contracted to provide safe dance as described in the 'Ausdance Australian guidelines for dance teachers' (see Annex 1).

4. Injury Prevention

CDT requires all classes to implement the following injury prevention strategies:

- Provide a period of warm-up and cool down within each lesson
- Clearly informing students of common injuries
- Incorporating stretching and strengthening exercises in lessons
- Preparing students adequately for dance movements
- Advising students on movements/ practices which are potentially dangerous
- Ensuring that teaching/rehearsal is structured to avoid excessive repetition and over-use of specific parts of the body
- Advise appropriate attire, including footwear, for dance class

5. In-case of Injury

A CDT representative will:

- Provide basic first aid assistance. A first aid kit and cold packs are available in the office.
- Assist with recruiting ambulance care if necessary
- Fill out an Accident Report Form for any student injury that occurs in class



6. Injury Recovery

A CDT representative will:

- Suggest injured students seek appropriate expert assistance
- Advise injured students against potentially harmful movement
- Utilise safe stretching methods
- Encourage students to share results of any professional diagnosis

7. Safety in the Dancer's Daily Life

CDT encourages all of its students to enjoy a healthy lifestyle and physical and emotional wellbeing. CDT representatives may suggest students see appropriate health and medical experts.

8. Safe Facilities

CDT will ensure:

- Modern office furniture is provided
- Computer equipment is ergonomically sound
- Change rooms are adequate in size and are kept well lit
- Toilets are clean and fully functioning
- Facilities are kept clean
- Fresh water is always available
- Any damage to property is promptly reported to the building manager for repair
- Electrical equipment will be replaced if cords fray or it fails to operate as it should
- A suitable size and well lit waiting area is provided. Students waiting for pick up by parents or guardians to go home are encouraged to wait in the waiting room.

9. Insurance

CDT maintains the required public and products liability insurance, and professional indemnity.

10. Emergency Evacuation

Emergency evacuation signs advising procedures are located in the studio and waiting area. Fire extinguishers are kept and maintained.

11. How to contact us

If any CDT stakeholder has a concern about our OHS policy or practice, or suggestions for improvement, please contact the Company Manager.



Annex 1: Ausdance Australian guidelines for dance teachers

Teachers should

- 2.1 Encourage healthy lifestyles for dance students
- 2.2 Use knowledge of basic principles of anatomy and physiology to enhance safe dance practice
- 2.3 Employ effective injury prevention and management strategies

2.1 Encourage healthy lifestyles for dance students:

- 2.1.1 Encourage physical and emotional health through advice or referral to counselling where appropriate and necessary.

2.2 Use knowledge of basic principles of anatomy and physiology to enhance safe dance practice:

- 2.2.1 Apply knowledge of the basic structure of the body (i.e. skeletal system, major bones, joints, muscles).
- 2.2.2 Correctly apply alignment principles (appropriate to the genre or style).
- 2.2.3 Apply fitness requirements for particular styles of dance or dance roles being taught.

2.3 Employ effective injury prevention and management strategies:

- 2.3.1 Practice safe warm-up/cool-down procedures appropriate to the style of dance as an integral part of lesson planning.
- 2.3.2 Be aware of the various types of stretching (appropriate to the style or genre) and be able to identify their advantages and disadvantages.
- 2.3.3 Sequence dance exercises effectively and safely.
- 2.3.4 Identify risk factors in dance exercises and technique relevant to the style of dance and to individual students.
- 2.3.5 Provide a safe dance environment, e.g. venue, floors, facilities.
- 2.3.6 Should out-of-class practice be necessary, advise use of safe environment.
- 2.3.7 Be aware of common dance injuries as relevant to the style or genre.
- 2.3.8 Implement current injury recovery and rehabilitation procedures when necessary.
- 2.3.9 Correctly use basic First Aid procedures. An appropriate First Aid kit should be available and readily accessible.
- 2.3.10 In case of injury employ CERI (Compression, Elevation, Rest, Ice). [See Appendix A]
- 2.3.11 Have knowledge of sources of information/resources on dance safety.