

HEALTH & SAFETY POLICY



Momentum School of Dance takes seriously their responsibility to ensure the safety of their pupils. All pupils must complete an Enrolment Form when joining the school with clear information regarding emergency contacts and any relevant medical history. A copy of emergency contact numbers will be kept on file.

1. It is the parent's responsibility to notify the school of any changes to their emergency contact details.
2. In case of a Fire emergency all teachers have a clear understanding of responsibilities. They must be understood by all following the procedures of the relevant centre.
3. Momentum School of Dance will undertake regular assessment of risks regarding premises hired and any concerns will be raised with the providers.
4. We are committed to ensuring all our staff are competent to do their tasks and to give them adequate training.
5. It is Momentum School of Dances responsibility to keep a fully equipped First Aid Box at all hired premises. In case of an incident – an Accident/Incident report must be filled in.
6. If required, Momentum School of Dance will contact the emergency services first, then the parent / guardian of the student(s) involved by the telephone number on file.
7. Parents understand that dance is as active as engagement as any sport, and whilst every effort is made to avoid them, injuries can happen. Momentum School of Dance accepts no responsibility for injuries sustained via any means other than a teacher's negligence.
8. Pupils will be supervised during class time only and parents / carers must ensure the safety of their children in the waiting, changing and toilet areas.
9. Students/parents or guardians should inform the teacher of any special health considerations or existing injuries before participating in class.
10. Parents must be responsible for ensuring your child's punctuality. Teachers are not available to supervise late pickups. Students may be refused entry if they are continuously late for class as they are missing out on warming up safely for class.
11. Dress code must be always observed, especially footwear for safe dance practice. Only indoor dance shoes to be worn in the studio to protect the floor and for health and safety.
12. Pupils should not wear any jewellery that may pose a risk to themselves or others (stud earrings, and jewellery worn for religious or cultural reasons are acceptable).
13. No food (or chewing gum) is allowed in the studio. Water is permitted in cap bottles.
14. Please ensure that the elastics on your child's ballet shoes are secure and neither too loose nor too tight.

Public Liability Insurance

Momentum School of Dance has public liability insurance, and the certificate is displayed on the website. Any locum teacher who teaches classes will be either covered via this insurance or will have their own personal insurance.

Smoking Policy

Momentum School of Dance has a non-smoking policy, and smoking is not permitted anywhere within the centres where lessons take place. This is due to the health hazards of smoking and passive smoking, and because the centres regularly hold activities which involve young children.

Drugs & Alcohol Policy

Momentum School of Dance has a strict no drugs & alcohol policy. Any pupil, teacher or volunteer found using drugs or alcohol whilst attending classes or working at the school, will be presented with a verbal warning. Parents will be advised if the pupil is under the age of 18 years.

ACROBATIC DANCE SAFETY WAIVER



Please read and complete this form before your class starts.

Acrobatic Dance can be physically strenuous. It is unsuitable for people who suffer from severe neck or back problems. It is mandatory that any relevant medical condition is stated prior to participation. Students with little or no dancing experience are welcome, as are experienced dancers.

When taking up any new sporting activity where friction occurs, some bruising may result. This is possible and likely especially at the beginning when learning Acrobatic Dance. It is a fantastic all over body workout; however, most people find that it takes a couple of weeks for your body to adapt to supporting weight on parts of your body where you wouldn't normally support weight, for example, the back of your knees, or the inside of your thighs.

Please read the points above and confirm you agree to the points below by completing and submitting the form below.

1. I am aware of the possibility of bruising or injury due to the nature of Acro dancing.
2. I do not have a reason to believe that I have any medical conditions which makes Acro dancing an unsuitable activity for me.
3. I understand that whilst every effort is taken to ensure my safety during the lessons, Acro dancing is a sport like any other and there is always a possibility of getting hurt.
4. I understand that if injuries do occur, it is my responsibility and not the responsibility of my instructor. I will not hold them responsible.
5. I must participate in the warmup and cool down sessions provided.
6. I will be given details of the activities and health & safety procedures by the instructor, and I am to ask any questions if in doubt or have not understood.
7. If at any stage, I feel unable to perform due to injury or any other reason I must stop and inform the instructor immediately.
8. I have read and understood the terms and conditions.
9. I agree to listen to and abide by the instructions issued by my instructor at all times.
10. I agree not to invert without the supervision and permission of my instructor and before I have learnt spotting and dismount techniques.
11. I agree to the instructor being allowed to spot your child.

Your details are confidential and are for our records only. Please rest assured that your details will not be passed on to any third parties. They are used by us to ensure the records we hold are up to date and that we can contact you/ next of kin in the event of an emergency Please complete below (if you do not complete this form before your class, you will be asked to complete one at your first lesson)

By completing this form, you agree that you have read and understood the terms. By signing this disclaimer, I agree to the above terms and conditions. By completing this form, I confirm that I am physically fit to partake in Acrobatic Dance classes.

Parent/Guardian Name (If under 18)	
Parent/Guardian Signature (If under 18)	
Date	