

Injury Policy

At Dance Habit, we are committed to safe dance practice. Our students live active lives (from school activities and playing with friends, to sports and dance), so injuries can happen. When they do, we take them very seriously.

We believe it is important to address injuries on a scale because minor injuries often present as a cover for more pressing issues such as social insecurity, low self-esteem, illness or fatigue.

When it comes to injury, honesty is the best policy, so we ask that students and parents notify us of any injury sustained in class or outside of the studio. We seek to create a culture where families feel safe to be transparent with our team. This will enable us to assist students to progress safely with dance and/or support them with other issues as needed.

We have implemented a scale to help us to address and manage injuries.

Level 1 Injury	Level 2 Injury	Level 3 Injury
<ul style="list-style-type: none"> • Minimal – no pain • Minimal soft tissue injury • Small cuts, grazes bumps and bruises • Does not affect dancing 	<ul style="list-style-type: none"> • Moderate pain • Swelling • Moderate bleeding • Moderate soft tissue injury • Dizziness • Physically affects dancing 	<ul style="list-style-type: none"> • Major pain present • Unable to touch injured area • Potential break/tear • Loss of consciousness • Major bleeding • Physically affects dancing

Level 1 Injury

- Student fills in incident report in class
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- If student insists on sitting out, they are to take notes, do floor barre, or own (safe) stretching program
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- Parents notified via email
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- Injury followed up in class the following week

Level 2 Injury

- Teacher/Qualified First Aider to address with necessary First Aid
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- Student fills in incident report in class
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- Student to sit out for remainder of class and to take notes, do floor barre, or own (safe) stretching program. They can participate if deemed appropriate or teacher might choose to contact parent/guardian for early pick up
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- Parents notified via email
↓
- Injury followed up in class the following week

Level 3 Injury

- Teacher/Qualified First Aider to address with necessary First Aid
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- Student fills in incident report in class (if possible)
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- Parents/guardians contacted immediately following treatment. Student to sit out for remainder of class/until collected. Referral to medical practitioner.
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- Injury followed up within two days

Ongoing or recurring injuries

Any acute or chronic injury that is not resolved within three weeks (including those sustained outside of the studio) must be seen to by a medical practitioner. We reserve the right to restrict students from participating in any further classes until medical clearance has been provided.

For students with recurring injuries, parents will be contacted to discuss conditioning/preventative measures.

Injury management

Injured students are encouraged to attend their classes as usual to watch and take notes. There is huge value to be gained in class observation and absences can make a return to dance more challenging.

Parents are encouraged to keep our team informed of any results, treatment or programs administered by a medical practitioner, particularly if there are recommendations to restrict or adapt specific movements during recovery.

Dated: 8 March 2018

Endorsed by: Megan Jessop, Director, Dance Habit

Next Review: 8 March 2019 or as required (*parent feedback welcome*)