

#DANCE REUNITE

Dance - General Safety Considerations

SPACE – Whether participating in the #DANCEUNITE campaign at home or in schools there should be enough space around the dancer(s) to avoid bumping into objects and/or furniture. Check the space you are working in and secure it is clear before you start. Encourage children to make sure their personal space is clear and safe and to adhere to social distancing guidance (where applicable – i.e. school settings). Always ensure the surface is free of debris and anything which may cause injury.

CLOTHING & FOOTWEAR – Children should be appropriately dressed - loose fitting clothes, leggings are great. Anything they can move freely in (e.g. sportswear/PE kit). Appropriate footwear for the surface and type of dance e.g. bare feet on a smooth surfaced floor, foot gloves or socks on carpet, sandals/light trainers for Street Dance or on hard/rough surfaces. Unless working at home on a carpeted surface, children should NEVER work in stockinged feet! No jewellery should be worn and long hair tied back to avoid injury.

TECHNIQUE – Correct technique should always be followed. Supporting adults should develop and monitor safe, effective and correct dance technique (e.g. knees in line with toes when bending, correct spinal alignment in different moves, avoiding moves/exercises that put stress on the neck, lower back or knees). Listen carefully throughout the video tutorials and follow the advice given.

Progressively develop participants flexibility, muscular strength and endurance, and cardiovascular fitness for dance alongside their skills, choreography, dance phrases and whole dance – REMEMBER SOME CHILDREN WILL HAVE DONE VERY LITTLE EXERCISE DURING LOCK DOWN!

WARM-UP & COOL-DOWN - A good warm-up and cool-down should be included before and after each session. A number of simple warm-up videos can be viewed on the Gateshead School Sport Partnership YouTube channel.

ABILITY & EXPERIENCE - #DANCEREUNITE tutorials, due to the very nature of the creative process involved, are fully inclusive and can be interpreted according to the age, ability and experience of the pupils. Helpful tips are provided within the dance tutorial videos to include all children and young people. You may need to provide adaptations for pupils with additional needs. Also ensure you provide opportunities for rest and recovery based on the demands of the dance activity.

Some tutori/sections of the dance may need repeating if children need more time to practise and remember the phrases/motifs.

SUPERVISION – When dancing, children should be supervised by an adult who should help to check and apply the safety points in this document and supporting resources/tutorials.

GENERAL CONSIDERATIONS - Schedule rest times and ensure regular water drink breaks are taken. Always consider personal fitness levels, clothing/equipment, pre-existing medical conditions, and the space/ environment you plan to use before determining if it is safe to participate. If you are exercising outside of your home, you should do so responsibly and safely. You MUST ensure you adhere to the latest Government Guidance in respect of Covid-19.