



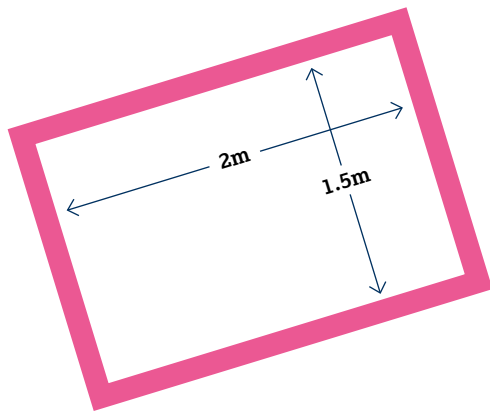
Pupil Guidelines

WHAT IS BOX DANCE?

The Imperial Society of Teachers of Dancing Box Dance is solo dancing within a confined space utilising figures from the Society's Dancesport syllabi.

GUIDELINES FOR CREATING THE BOX

The BOX itself could be marked out in studios or halls when allowed to return, or within the home, using masking tape (or something similar). Ideally the dimensions for the BOX should be 1.5m x 2m, however, this could be slightly smaller or larger, depending on the space you are using.



SUGGESTED FLOORING & FOOTWEAR

Surfaces for dancing will vary depending on the area used. The ideal flooring would be a sprung wooden floor for our style of dance, however, we understand that not everyone has this available to them within their own studios or homes. We do recommend the following:

- Laminate flooring
- Carpet
- Tiles
- Wood

The footwear that is used should be suitable for the floor in question e.g. socks when dancing on carpet, suede bottomed shoes when dancing on wooden floors. Socks should not be used on wooden or tiled surfaces as this could cause injuries.

We recommend that you do not use any of the following surface areas for creating the Box:

- Rubber flooring
- Uneven surfaces
- Anti-slip surfaces

SUGGESTED SPACING

It is most important that the space you use is free from any obstructions such as wires and furniture, and that there is sufficient clear space from the box outline to surrounding walls. Be aware that arms could move freely during some dances and that ornaments or wall hangings could be at risk.



SUPERVISION

Children under the age of six should be supervised at all times by someone in their own home when participating in distance learning online. This could be raised to a slightly higher age if you feel appropriate, you know your own pupils the best and should advise parents accordingly.

PUPIL CONSENT

Name: _____

I have read and understood the Guidelines above and agree to apply them in my use of Box Dance online.
If I am unsure I will ask for guidance.

I accept my responsibility for my own participation in Box Dance and will not hold liable the teacher or dance school that provides Box Dance.

Name of teacher/dance school: _____

Signed: _____

Date: _____

If the participant is under the age of 18, must be signed by the parent / legal guardian

GET CREATIVE AND THINK INSIDE THE BOX!

**For more information, contact boxdance@istd.org
istd.org**