



Teacher 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.

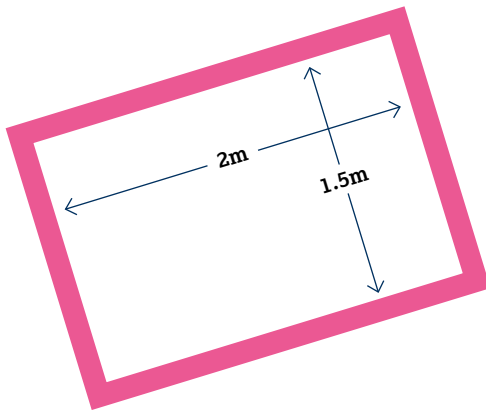
WHAT IS THE AIM OF BOX DANCE?

The current lockdown has proved shattering to our industry with many teachers facing school closures. Currently there is no firm date for dance schools to reopen. The partner dance side of our industry, where we have physical contact, has been particularly affected as social distancing is near impossible to introduce. While some teachers have been able to move part of their business online, others have been unable to make this transition.

With the introduction of ISTD Box Dance, we hope to enable more teachers and their students to resume Dancesport training and social interaction. This can be done either online or in real-time in studios with social distancing measure in place, when permitted by the government.

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 or your pupils 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 and your pupils 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.

INSURANCE AND PPL/PRS

When using this delivery system teachers should ensure their insurance is updated to include teaching online and should check that their current PPL/PRS is also updated to include online work use.

PUPIL CONSENT

As with all online delivery courses we suggest that you ensure that they are made aware of their own responsibilities in creating a safe dance space. We include a Pupil Information and Consent form, which we advise you to use with your pupils. The form can be found here: istd.org

GET CREATIVE AND THINK INSIDE THE BOX!

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