



Your Health and Safety

1. Warm up and cool down: always warm up before dancing. A warm up prepares the body and mind before dancing. It warms the muscles and joints before performing more strenuous movement and helps to improve performance and avoid injury. A warm up should be gradual so as not to over exert the body and should include:

- Raising the heart rate
- Mobilising the joints
- Gently stretching the muscles

2. Obstructions and hazards: it is possible that the chosen dance space will include some obstacles, identify and assess these before beginning and think about how to avoid them when dancing; this may require some adaptations to the movement to navigate around the obstacles in the space. Consider removing items that may be slip or trip hazards or if there is loose wiring in the space it should be removed or taped down. If there are any valuable objects that may be knocked over, consider moving these out of the space for safe keeping.

3. Floor surfaces: If the floor surface in the chosen dance space is slippery or wet, think about drying this, wearing shoes with grip (see below) or putting down a mat that provides some grip. If dancing on a rough surface or carpet, cover the skin to avoid burns and grazes.

4. Footwear: shoes should always be worn when dancing outside and suitable footwear should be considered for different surfaces. We've included some suggestions here.

- Outside and slippery surfaces: shoes with a grippy sole, such as trainers.
- Carpet: socks or soft dance shoes.
- Smooth indoor surfaces: bare feet or dance shoes with a grippy sole.

5. Clothing: wear clothes you can move freely in and practice in these clothes to ensure they don't restrict any movement. Jewellery should always be removed.

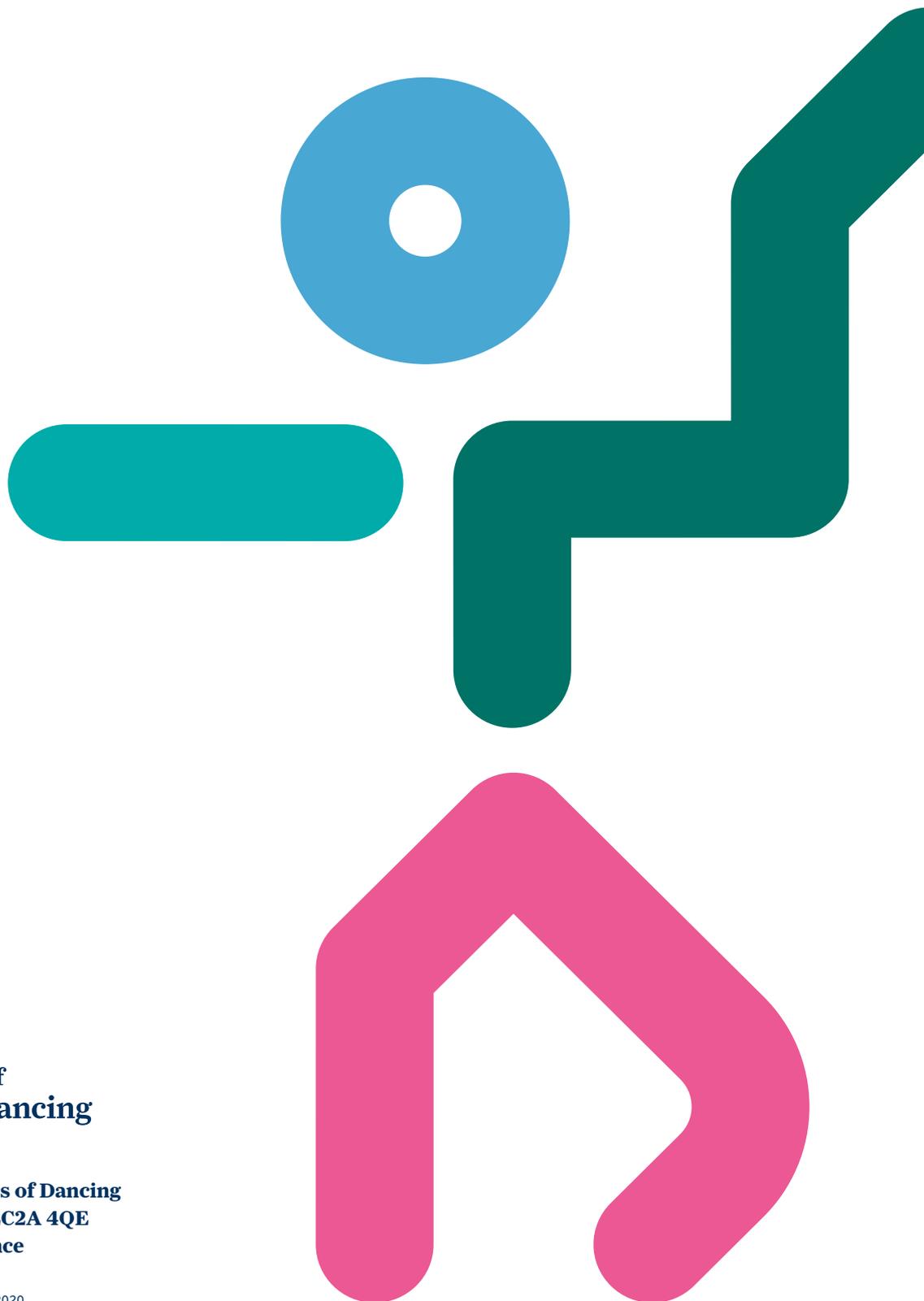
6. Rehearsals: rehearse your performance in the chosen location to familiarise yourself with the space. Consider dancing through the choreography slowly to identify any obstructions or hazards and adapt movement to avoid these or remove them from the space.

7. Social distancing: social distancing measures should be observed according to government guidelines in the place of filming and any partner, trio or quartet performances should include dancers from the same 'bubble' in accordance with government guidelines.

8. Hydration: keep properly hydrated when dancing by taking regular water breaks.

9. Safety and Security of Video footage: On receipt of the footage from pupils, teachers should upload it according to the Quest guidance notes. Once the footage is transferred to the Society, this should be deleted from teachers' devices and not stored.

Anyone taking part in the ISTD Challenge does so at their own risk. The Imperial Society of Teachers of Dancing will not accept any responsibility for any injury howsoever caused.



**Imperial Society of
Teachers of Dancing**

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