

Physical Contact in Dance Policy **March 2019**

Physical Contact in Dance Policy

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Physical Contact

Teaching dance is a physical activity and appropriate physical contact between students/company members and teachers in class is essential to training. Teachers can make physical contact with a student to illustrate a concept or to adjust a student's alignment (especially with the younger students). Posture often requires adjusting the rib-cage and the buttock area simultaneously and it is sometimes necessary to touch the inner thigh, especially with younger students. In classes, teachers may sometimes need to demonstrate with students in ways that involve supporting and lifting. In choreographic teaching, teachers demonstrate positions and movements to the students by moving parts of the students' bodies and by moving dancers in relation to each other and this often involves a considerable amount of contact with students.

National Youth Ballet understands that such physical contact is a potentially complex area; and also fully recognises its responsibilities for safeguarding students and teachers and for protecting their welfare.

The following principles and procedures are in place to fulfill National Youth Ballet's obligations:

- Contact by the Sports Therapist will only be made if parental consent is given.
- The Sports Therapist will contact the parent / guardian for permission to practice, outlining findings and treatment plan and then request consent for treatment by email.
- Contact by the teacher is made with particular awareness of the needs of each individual, to assist the dancer in correcting placement.
- All teachers will treat any physical contact with due sensitivity and care, and with due regard for the wishes of the student.
- Contact will not involve force or the use of any instrument.
- Teachers will be mindful of location and avoid situations where they are isolated with a student; all classes should be held in studios and dance areas with windows.
- Students should be encouraged to discuss any worries with the Head of Pastoral Care or any member of the pastoral staff or an independent listener.
- Both students and teachers should feel free to report any concerns to the Artistic Director, or the designated Safeguarding Lead.

This policy was written in March 2019.

Adopted by and on behalf of National Youth Ballet.

Review date March 2020.

