

# DANCEEAST

## U.DANCE EAST 2021

### GUIDANCE FOR PARENTS/CARERS

DanceEast has robust safeguarding measures in place to keep everyone safe while dancing online.

Please read the guidance below to allow your young person to take part safely.

### PRACTICAL DANCE SESSIONS

#### **Prepare your space**

Help your young dancer set up the space they plan to dance in. Clear away furniture, any wires, equipment, hazards or items nearby, and if necessary, cover any corners of furniture. Clear the floor space and make sure it is clean and free of any items the participant may slip or trip on. If the floor is rough, very slippery, or may have hazards such as splinters, it may be appropriate for the participant to wear trainers, pumps or dance shoes.

If you have pets, be aware of how they may interrupt your young person's experience of the session.

If there are others in your household, be aware of them coming into the space during the session. Make sure the dancing space is not directly in an area where people may be walking through.

#### **Prepare your young person**

Help your young person to choose clothes that are comfortable to move in. For slippery floor surfaces they should have bare feet or wear trainers, rather than just socks.

Make sure they have a water bottle close by to stay hydrated throughout the practical sessions.

Every practical class for U.Dance will begin with a warm up and end with a cool down.

We would recommend that you familiarise yourself with the recommendations for self-management of injuries from home. This ensures that in the unfortunate event of an injury occurring whilst your young person is dancing, you will feel confident in responding to their immediate needs,

Familiarise yourself with injury management (PRICE):

- PROTECTION: Remove additional danger or risk from injured area.
- REST: Stop dancing and stop moving the injured area.
- ICE: Apply ice to the injured area for 20 minutes every two hours.
- COMPRESSION: Apply an elastic compression bandage to the injured area.
- ELEVATION: Raise the injured area above the heart.
- DIAGNOSIS: Acute injuries should be evaluated by a health-care professional.

Avoiding Further HARM: In the first few days after an injury, remember to avoid HARM.

- HEAT: Any kind of heat will speed up the circulation, resulting in more swelling and a longer recovery.
- ALCOHOL: Alcohol can increase swelling, causes a longer recovery.
- RUNNING OR OTHER EXCESSIVE EXERCISE: Exercising too early can cause further damage to the injured part. Exercise also increases the blood-flow, resulting in more swelling.
- MASSAGE: Massage increases swelling and bleeding into the tissue, prolonging recovery time.

## **LIVE STREAM SESSIONS, INCLUDING CAREERS TALKS**

These sessions will be presented in a 'webinar' format via our Live Stream weblink. Participants will not be visible to the session host, panellists or others watching.

Interactivity, including question and answer sessions and polls, will be made available throughout the day via Slido. All of this interactivity will be regularly monitored by staff to ensure that your young person is safe, and all conversations will take place within the public domain. To find out more about Slido, click [here](#).

Multiple members of the U.Dance Team will be online at all times. You can get in touch with us with any pressing queries or issues on the day by emailing [u.dance@danceeast.co.uk](mailto:u.dance@danceeast.co.uk) or by calling **07907 852 872**