

# SAFE DANCE ENVIRONMENT

Research factors that influence the safety of a dance environment and list in the box below

Can you  
safety hazards  
pictures below?



identify the  
in the two



# PERSONAL PRESENTATION OF A DANCER

Questionnaire:

0 = Never      1= Rarely      2= Sometimes      3= All the time

1) I take off all my jewellery (earrings, necklace, bracelets, rings, and piercings) before a dance class.

0                                  1                                  2                                  3

2) My hair is always tied back and away from my face in a dance class.

0                                  1                                  2                                  3

3) I wear suitable footwear/bare feet for all dance classes.

0                                  1                                  2                                  3

4) I don't baggy trousers which drag on the floor in a dance class.

0                                  1                                  2                                  3

Total:

<p>When is it appropriate to wear clothing in layers? .....</p> <p>What type of clothing is suitable to wear whilst dancing? .....</p> <p>Why do we need to ensure that our trousers are not dragging on the floor? .....</p> <p>What factors influence the choice of footwear? .....</p> <p>Why should we not wear jewellery in dance? .....</p> <p>What is the appropriate hairstyle to have in dance? .....</p>
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