**Dance Training/ Competitions Risk Assessment**

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| Location: | Sports Arena |
| Assessor: | Elle Crook |
| Persons at risk: | Participants/Spectators |

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|   | Pre-Control Risk Rating | Control Measures | Post Control Risk Ratings | Comments |
| L | S | Risk Score |  | L | S | Risk Score |
| H – airborne illnessesHE – illness being transmitted to people via dust particles/respiratory droplets**C – Contracting the virus/germs resulting in consequences ranging from being asymptomatic to death** | 2 | 7 | 14 | Ensure that anyone with illness (cold, flu etc.) do not attend training sessions, matches to minimise spread of infection – based on outdoor session. | 1 | 7 | 7 | If participant presents with covid 19 after training or match. We will urge participant to test for covid. Along with asking the participant with covid not to return to training till covid free, we will also check on them throughout their time of isolation. |
| H- lack of preparation before training and competition (warm up) HE- participating in training session/matches without adequate warm up C- Potential injuries such as to their muscles | 3 | 5 | 15 | Coach/captain will ensure everyone takes part in the warm up before training/competition and all attendees who show up later to the session, will be asked to do an individual warm up prior to joining the main session. | 1 | 5 | 5 |  |
| (H) Not wearing correct footwear (tap/ballet shoes etc.)(HE) Lack of Traction/grip to floor, more likely to slip or fall(C)Strains/bruising/cuts | 3 | 4 | 12 | Captain/Coach responsible for ensuring all Participants have correct footwearAll club members are required to wear appropriate footwear | 1 | 4 | 4 |  |
| H Jewellery  HE Jewellery being worn by a rehearsal attendee falling/flying off during rehearsal  C Jewellery hitting another attendee or causing another attendee to slip/trip/fall  | 4 | 5 | 20 | Remind rehearsal attendees to remove jewellery before rehearsal starts  | 1 | 3 | 3 | Exceptions may be allowed for items such as wedding rings, religious items etc  |
| (H) Moving Training equipment (HE) Incorrect manual handling techniques utilised (C) Injury from manual Handling  | 2 | 2 | 4 | Minimum of 2 individuals to move any heavy or long pieces of equipment.Use of Trolleys or other aids if available.Only students trained in safer manual handling should lift and move equipment.  | 1 | 2 | 2 |  |
| (H) Jumps/lifting/tumbling/tricks(HE) Incorrect technique or incorrect timing of skills(C) Sprains/strains  | 3 | 5 | 15 | Adequate warmup before session Participants ensure there is adequate space surrounding them before attempting skillsParticipants are taught correct landing technique (for after jumping) | 2 | 5 | 10 |  |
| H Fire Exits  HE Fire Exits blocked preventing exit in an emergency  C Attendees suffering from smoke inhalation, burns, possible death in a fire  | 2 | 7 | 14 | Rehearsal instructor ensuring that fire exits are not blocked and how to guide all attendees to safely exit the building in the event of emergency  | 2 | 4 | 8 | Ensure that rehearsal instructor knows how to safely exit the building and where the fire assembly point is.  |
| H Going above skill level/Dangerous Moves  HE Attendees attempting a dance routine that they are unable to do  C sprained joints, pulled muscles etc  | 4 | 5 | 20 | Rehearsal instructors to ensure that the showcase choreography is adequate for all the dancers who are performing in the routine and to make any changes if it is not.  | 2 | 3 | 6 |  |
| H – Pre-existing injuryHE – participating in physical activity with a pre-existing injuryC – Aggravate/worsen a pre-existing injury (e.g. tears an ACL) | 5 | 6 | 30 | Attendees to make coach aware of any pre-existing injuries.Student to opt out of any form of physical activity which might worsen their injury.Coaches keep tabs on participant’s previous injuries and check on their welfare. | 2 | 6 | 12 |  |
| H Over exhaustion/Dehydration HE An attendee works too hard/don’t drink enough waterC Fainting/Collapsing and any consequent injuries | 3 | 5 | 15 | Coach to ensure that they provide sufficient breaks during a training session for attendees to rest and rehydrateCoach/captains to remind attendees to bring a water bottle with them. | 2 | 4 | 8 |  |

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| **The person signing this assessment must check the information above to ensure it is relevant to this operation on this site. Additionally, any additional controls measures deemed necessary must be included.** |
| **Signed Author** | **Elle Crook** | **Date: 18/10/2022** |
| **Signed Checked By** | **Rob Neale** | **Date: 25/01/2023** |

**Action Plan**

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| **Hazard No.** | **Details of Action to be Taken** | **Action by who** | **Target Date** | **Completion Date** | **Signature** |
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