
Risk Assessment for Dance Classes with Second City School of Dance

Location: CAFLO Community Centre, B36 8UB

Date: 01/03/2025

Instructor: Deanne Cope

1. Risk: Slips, Trips, and Falls

Hazard: Students may slip or trip while dancing, leading to falls and injuries.

- **Who might be harmed:** Students, Instructor
- **Likelihood:** Medium
- **Severity:** High
- **Control Measures:**
 - Ensure the dance floor is free of debris or any obstacles.
 - Perform regular inspections of the dance space.
 - Make sure the floor is clean and dry before starting the class.
 - Advise students to wear appropriate footwear to prevent slipping.
 - Instruct students on proper warm-up and stretching techniques to prevent muscle strains and sprains.
- **Additional Notes:**
 - Have a first aid kit available on-site.
 - Ensure the instructor is trained in basic first aid.

2. Risk: Overexertion and Fatigue

Hazard: Students may push themselves too hard, resulting in muscle strain or exhaustion.

- **Who might be harmed:** Students
- **Likelihood:** Medium
- **Severity:** Medium
- **Control Measures:**
 - Include a proper warm-up and cool-down routine in every class.
 - Monitor the intensity of exercises and provide modifications for different levels.
 - Encourage students to take breaks when needed.
 - Instruct students to listen to their bodies and avoid pushing through pain or fatigue.
- **Additional Notes:**
 - Have water available throughout the class.
 - Check for any medical conditions or injuries before the class begins.

3. Risk: Inappropriate or Ill-Fitting Footwear

Hazard: Wearing improper footwear can lead to injury, such as sprains, strains, or slips.

- **Who might be harmed:** Students
 - **Likelihood:** Medium
 - **Severity:** Medium
 - **Control Measures:**
 - Advise students to wear proper dance shoes or comfortable shoes with non-slip soles.
 - Discourage wearing open-toed shoes, sandals, or heels in class.
 - **Additional Notes:**
 - Make sure the instructor models appropriate footwear for students.
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4. Risk: Collisions Between Students

Hazard: Students may collide while performing or practicing moves.

- **Who might be harmed:** Students
 - **Likelihood:** Medium
 - **Severity:** Medium
 - **Control Measures:**
 - Clearly outline the class space and establish boundaries for each student.
 - Encourage awareness of personal space and maintain appropriate distancing during exercises.
 - Use clear communication when demonstrating group routines or movements.
 - **Additional Notes:**
 - If the class involves partnered dances, ensure students are paired with appropriate partners to reduce the risk of injury.
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5. Risk: Strains or Sprains from Incorrect Technique

Hazard: Incorrect posture or improper movement technique can lead to strains or sprains.

- **Who might be harmed:** Students
 - **Likelihood:** Medium
 - **Severity:** High
 - **Control Measures:**
 - Provide clear, detailed instructions for each movement.
 - Correct students' posture and technique as necessary during the class.
 - Offer alternative movements for students with injuries or limitations.
 - Ensure the class is suitable for the students' experience and skill level.
 - **Additional Notes:**
 - Offer personalized feedback where possible to help prevent improper technique.
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6. Risk: Health Conditions (e.g., Asthma, Heart Conditions)

Hazard: Students with existing health conditions may experience complications during physical activity.

- **Who might be harmed:** Students with underlying health conditions
 - **Likelihood:** Low
 - **Severity:** High
 - **Control Measures:**
 - Request students to inform the instructor of any existing health conditions before the class.
 - Modify activities for students with specific health concerns, where needed.
 - Keep a first aid kit accessible at all times and have a plan in place for emergencies.
 - Ensure the instructor is aware of any potential medical emergencies, such as asthma or heart issues.
 - **Additional Notes:**
 - Consider creating an emergency action plan for dealing with medical conditions.
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7. Risk: Poor Ventilation or Overheating

Hazard: Insufficient ventilation could cause discomfort or overheating, leading to dehydration or heat exhaustion.

- **Who might be harmed:** Students, Instructor
 - **Likelihood:** Medium
 - **Severity:** Medium
 - **Control Measures:**
 - Ensure the dance space is well-ventilated and has an appropriate temperature.
 - Advise students to wear breathable clothing.
 - Provide regular water breaks during the class.
 - Monitor students for signs of fatigue or overheating and encourage breaks as needed.
 - **Additional Notes:**
 - If dancing in a warm environment, consider adjusting the class duration to prevent overheating.
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Conclusion:

This risk assessment aims to ensure the safety and well-being of all participants during the dance class. Regular monitoring and adherence

to the safety measures outlined will help mitigate risks. In case of an emergency, the instructor should take immediate action to address the situation and follow proper first aid procedures.