

Zoe's Dance And Fitness

First Aid & Allergy Policy

Purpose:

To ensure the safety and wellbeing of all children attending Zoes Dance and Fitness by providing basic first aid and managing allergy risks during dance sessions.

1. First Aid

- I will carry a first aid kit to every session.
 - I have basic first aid training and will administer first aid when needed.
 - All injuries, however minor, will be recorded in an Accident Log.
 - For serious injuries:
 - I will call emergency services immediately.
 - Parents/guardians will be contacted without delay.
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2. Allergy Awareness

- Parents/guardians must inform me of any allergies or medical conditions on the registration form.
 - Children with allergies are responsible for bringing and managing their own medication (e.g., inhalers).
 - I will take reasonable care to avoid exposure to allergens during class.
 - In the event of a severe allergic reaction, I will:
 - Call emergency services immediately.
 - Contact the child's parents/guardians.
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3. Responsibilities

- Me (Instructor):
 - Provide first aid when necessary.
 - Be aware of children's allergies and act accordingly.
 - Parents/Guardians:
 - Inform me of any allergies or medical conditions.
 - Ensure children bring any personal medication they require.
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4. Review

This policy will be reviewed annually or after any incident to ensure it remains effective and up to date.

February 2026