

Zoe's Dance And Fitness

Health & Safety Policy

Purpose:

To ensure that all children attending Zoe's Dance and Fitness can enjoy dance safely, and to minimize the risk of accidents or injuries during sessions.

1. General Safety

- I will ensure the dance space is safe, clean, and free from hazards before each class.
 - Floors will be checked for slips, wet spots, or obstacles.
 - Equipment, props, or costumes will be safe, appropriate, and in good condition.
 - Children are encouraged to wear suitable clothing and footwear for dance.
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2. Supervision

- As the sole instructor, I will supervise all children at all times in the dance area.
 - Children are allowed to go to the toilet unsupervised. Parents/guardians should be aware of this arrangement.
 - Children will not leave the building or dance area unsupervised.
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3. Accidents and Emergencies

- Any accident or injury will be treated promptly following the First Aid & Allergy Policy.
 - Serious incidents will be recorded in the Accident Log.
 - Emergency services will be called for serious injuries.
 - Parents/guardians will be contacted immediately in case of emergencies.
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4. Fire Safety / Emergency Evacuation

- I will know the location of emergency exits and fire safety equipment.
- In the event of fire or emergency, children will be safely escorted out of the building to the designated assembly point.
- Emergency contacts will be used if parents/guardians need to be informed.

5. Responsibilities

- Instructor:
 - Ensure the safety of the dance space and equipment.
 - Supervise children at all times in the dance area.
 - Respond to incidents and emergencies appropriately.
- Parents/Guardians:
 - Ensure children are dressed appropriately for dance.
 - Inform me of any medical conditions or allergies before the session.
 - Be aware that children may go to the toilet unsupervised.

6. Review

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

February 2026