

First Aid Policy

First Aid is emergency care given to an injured person (in order to minimise injury and future disability) before professional medical care is available.

When a parent/carer books a class for their child, they are asked to detail any medical conditions or injuries that affect their child. Any children or young people with highlighted conditions will be indicated on the register with full details kept on file in the event of an emergency.

Dance Injuries

Given the nature of dance training, there is a possibility of injury and sometimes this requires specialist attention.

Following any injury a student should:

1. Report the injury to the Dance teacher/Principal. This enables the dance teacher to assess the injury and take any necessary action. An injury form must be completed and signed by the dance teacher if a student cannot take part in their class.
2. If the injury is severe, and the student has abnormal pain and/or swelling/bruising, then the Parents should be made aware of the situation immediately and/or when the student is collected (which ever arises sooner). Judgement is required by the Dance teacher, and Principal in all circumstances. If a minor twist, sprain, bruise, then the appropriate action should be taken; usually rest, ice-packs, and not participating in the Dance class.
3. The Parents must inform JMC Dance about all the treatment received and any medication being taken once returned to class.

Temporary Ice Packs and First Aid Kit is available from studio 1 – An injury should not be iced for more than 10 minutes.

Responsibilities and Duties

- The responsibility for Health and Safety, which includes First Aid, rests with the School and the Principal is responsible for putting the policy in place, including informing staff and parents.
- All staff should be aware of available First Aid personnel, facilities, and the location of First Aid kit and information.
- First Aid provision must be available at all times, during dance classes and other times the facilities are used.
- If a staff member is alone during a dance class then they must have access to a telephone in order to summon help, only if required.
- First Aiders must have attended a recognised First Aid Course approved by the Health and Safety Executive (HSE), and attend refresher courses every 3 years. They will be reliable, have good communication skills, an ability to cope with stress and able to absorb new knowledge.
- All staff should have basic First Aid knowledge.