

Student Health Policy

1. Introduction

- 1.1 Shockout Arts are highly aware of the importance of a student's wellbeing, both physically and mentally, during their training we ensure that each student is given guidance as to his/her personal health, particularly relevant to dance/performing arts training.

2. GP Information

- 2.1 **Prior** to commencing the course, students must have returned the Medical Questionnaire completed and signed by their own doctor and/or a doctor's note stating that the student is fit to undertake a vigorous training course with particular emphasis on dance.
- 2.2 **General Practitioner** – students attending Shockout are required to register with a general practitioner (Doctor) in the area they will be living. This should be organised once living arrangements have been confirmed and the admin office notified of the GPs name and practice address. If the student has not registered with a doctor by half term they will not be allowed back on the course until they provide proof of their registration.
- 2.3 **How to find a GP** – Name and address of doctors in the area where you will be living can be obtained from the local library. You can also check on the www.nhs.uk or just search through google.
- 2.4 For medical advice call NHS 24 hours service on telephone number 111, calls are free from landlines and mobile phones. This is a non-emergency number where you can speak to a highly trained adviser, supported by Healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you.
- 2.5 Registering with a GP is not only essential to your general wellbeing but also to ensure you can be referred appropriately in the event of an injury.

3. Medication

- 3.1 Any student who requires medication eg. Asthma sufferers, must keep their medication with them or nearby. If required the admin office will keep safe the student's medication until required to administer.

4. Injuries

- 4.1 In the event of an injury the student should discuss any treatment with the First Aider on duty. If the injury cannot be treated on site then appropriate specialist will be recommended eg. Walk in centre or emergency services.
- 4.2 Following external treatment, the student should inform Shockout Arts and the First Aider. First Aider must obtain a report of treatment given to the student by the external practitioner, a copy will be placed on the student's file.

5. First Aid

- 5.1 In accordance with our Health & Safety policy Shockout ensures that several staff hold valid first aid certificates and that suitably equipped first aid boxes are kept at the reception desk in both premises.
- 5.2 A full list of qualified first aid staff are placed on the noticeboards around the building.
- 5.3 Training and development are provided to all staff to ensure they are fully informed of current practices and procedures, first aid and safe teaching practices.

6. Nutrition

- 6.1 Guest lectures take place to provide students with advice and guidance on Health and Nutrition during induction week.
- 6.2 The following notes are taken from advice sheets as well as lectures given by the Dance UK.
- 6.3 Dancers make huge demands on their bodies physically and therefore what you eat is of prime importance.
- 6.4 Dancers must think of themselves as 'prime professional athlete' and as such monitor carefully what they eat and drink each day. Be aware of how much carbohydrate, protein, fats and pure water you take each day. Think carefully and plan your meals with special consideration to your intake of fats and sugar, which whilst essential, should be kept to a minimum.
- 6.5 Fruit and vegetables should be taken in greater quantities. You should aim to eat at least five portions a day from the fruit and vegetable category. Plenty of water should be taken, and water in a non-glass bottle is allowed in class.
- 6.6 'You are what you Eat' is very true therefore if you wish to succeed during your physical training be very mindful of your diet and ensure that you are getting the correct nutrients required.
- 6.7 A good tip is to consider keeping a healthy eating plan. You are less likely to be ill if you build up your immune system and it has been proven that you are less likely to suffer injury.

- 6.8 If you wish to discuss any issue connected with nutrition speak to your tutor who will provide you with relevant information or guide you to appropriate person.

7. **Drugs and alcohol**

- 7.1 The word drug is used to mean different things. It can mean prescribed medication, legal drug, or illegal drug.
- 7.2 Always ensure that you inform the doctor before he prescribes medication that you are in dance training
- 7.3 **Legal Drugs** are drugs that the law allows you to take such as alcohol and nicotine. This, of course does not mean that they are good for you. Both have no nutritional value whatsoever; for a professional performer they are pure poison.
- 7.4 **Illegal Drugs** are those that the law does not allow and in recent years there has been a dramatic increase in the use of these types of drugs in young people.
- 7.5 Do not be misled, drugs can be addictive. Your body may become dependent upon them and the repercussions on your training and life in general, mentally, physically and financially could prove disastrous.
- 7.6 Any student found in possession or under the influence of any illegal drug is liable to immediate dismissal.

Smoking

- 7.7 Nicotine will damage your lungs by the tar in the smoke. Breathing someone else's smoke is passive smoking and can make you ill if you inhale a great deal so avoid smoky atmosphere. Smoking causes lung cancer and heart disease. Smoking will make you short of breath that will restrict your progress, as correct breathing is an essential part of all aspects of your training. Shockout Arts is a non-smoking college. Please refer to the No Smoking Policy.

Alcohol

- 7.8 For many people drinking becomes a regular event. This familiarity doesn't mean alcohol is safe. It is a powerful drug with many side effects on the body and mind. Effects can be dangerous and harmful, especially if it is taken too often and in great quantity. Alcohol is our society's chosen drug, which unfortunately makes us less able to see the harm it can do. With such a widespread and accepted drug, understanding is all the more important.
- 7.9 Alcohol is a chemical that can be extremely poisonous. It doesn't matter if you drink in the form of a weak beer or a strong whisky it's the total amount that you take that counts. Alcohol 'damps down' the brain, making you less thoughtful and more spontaneous in your behaviour. As the drinks flow you are more likely to do things you normally would be embarrassed to do. Your judgement will be impaired.

- 7.10 As such alcohol will undoubtedly affect your understanding, memory, abilities and ultimately your training. Apart from the obvious effects like suffering a 'hang over' during class there are also other considerations eg. It can cause severe depression when you sober up. It may add extra pounds to your body weight as alcohol has many calories with no nutritional value.
- 7.11 No one is suggesting that you should abstain completely, although that would be an excellent idea, but rather that you learn as a student to respect your body and drink (if you are over the legal age of eighteen) in moderation and certainly not on college days or before performances.
- 7.12 If you wish to discuss such issues please do not hesitate to talk in confidence to an appropriate member of staff, such as the *Operations Manager or Student Support Officer* who will be able to give you information on professional bodies that specialise in help of this kind.

8. Prevention and Recovery of Injuries

Prevention

See Dance Practice Policy

- 8.1 If you are injured during class or within the college there are several courses of action you must take:
- a) Stop the activity you are doing immediately
 - b) Remember the **RICE** rule **Rest, Ice, Compression and Elevation**. Get an icepack from reception and apply it to the injured area as quickly as possible for approximately 10 minutes for a large area and 5 minutes for small area.
 - c) You must report the injury to the admin office or Operations Manager and enter details in the accident book located in the admin office or on the main reception. This does not apply to old or long standing injuries.
 - d) Consult Student Support Officer or Operations Manager as to the type of treatment needed and contact the relevant person as soon as possible.
 - e) It is important to monitor your progress by adding details to your treatment file as and when needed, and to stick to the plan devised.
 - f) Active involvement in all classes is very important. Discuss with staff any part of class that might be beneficial ie. floor work or any non-weight bearing exercises that you can continue during your recovery period. If there are no suitable areas you can join in on, you should take an active role in class through writing up teaching notes or a study of the class structure should be written. (watching class can be tedious but it is also an opportunity to observe other students and how they work, and learn from the situation).
 - g) Report back Student Support Officer, as required to monitor progress.
 - h) One last thing to remember, in the case of acute injuries. **Do not H.A.R.M., Heat, Alcohol, Run/Dance, Massage.**

Recovery

- 8.2 It can be frustrating when fellow students are dancing and you are not due to an injury. Do not under any circumstances attempt to dance before you are ready.

You will only cause further injury. Fitness is determined by Head of Dance and under consultation with your medical practitioner.

- 8.13 Body conditioning is taught as part of the course. Some exercises can safely be continued during a period of injury, but students should consult their medical consultant or physiotherapist as to the appropriate exercises to be continued, as they will vary according to the type of injury.
- 8.14 Recovery time can be pro-active with regard to injuries, how to self-manage these times, whilst gaining valuable knowledge and understanding of injuries, recovery and injury prevention. It will make an important record and course contribution in professional practice to be used at a time when injured during a contract or for speeding the recovery time from injury after you have completed your training.
- 8.15 Recovery from an injury is individual to each person and there is no set time for recovery for each type of injury. Your appointed medical professional, along with the college/university will monitor your progress and make decisions as to when, and in what quantity and frequency, you will be able to resume dancing. You must be careful when you start to partake in classes not to overdo the exercises, and to monitor your recovery. Be sensible by not doing too much too soon.
- 8.16 Any information you require about the nature of your injury recovery can be obtained from the Head of Dance.

Related Policies

Health & Safety Summary

Safe Dance Policy

No Smoking Policy

Drugs Policy

Covid-19