

# Appropriate Physical Contact in Dance Policy

**Effective Date: 17/8/2023**

Teaching Classical Ballet and Dance is a physical activity and appropriate physical contact between students and instructors in class is essential to training.

Instructors can make physical contact with a student to illustrate a concept or to adjust a student's alignment. Ballet posture often requires adjusting of the rib-cage and the buttock area simultaneously and it is sometimes necessary to touch the inner thigh, hips, back and waist especially with younger students.

In choreographic teaching, instructors demonstrate positions and movements to the students by moving parts of the students' bodies and by moving dancers in relation to each other: this often involves a considerable amount of contact with students.

Hamilton Dance recognises that such physical contact is a potentially complex area; and the school also fully recognises its responsibilities for safeguarding students and instructors and for protecting their welfare.

**The following principles and procedures are in place to fulfil the School's obligations:**

- Contact by the instructor is made with particular awareness of the needs of each individual, to assist the dancer in correcting placement
- All instructors will treat any physical contact with due sensitivity and care, and with due regard for the wishes of the student
- Contact will not involve force or the use of any instrument
- Students and parents are encouraged to discuss any worries with any instructor or an independent listener.
- Both students and instructors should feel free to report any concerns to the Principal or any teacher or chaperone.