



**Safe Practice Policy  
For**

Name of Club	ELEVATED UP CIC
Location	Unit 2, Onkar House, Winster Grove, Birmingham B44 9EG
Contact Person	Emma Hobbis- emma@elevatedup.org- 07812957140
Date	21 <sup>st</sup> January 2025
Date Modified	
Next Review	Every 2 years
	OR, in the following circumstances:
	Changes in legislation and/ Government guidance
	As required by the Local Safeguarding Children Board, UK Sport and/ Home Country Sport Council
	As a result of any significant change or event



## **SAFEGUARDING IN dance & fitness**

### **SAFE PRACTICE POLICY**

Dance & fitness are activities where safe practice is essential to help prevent injury. Young people are particularly vulnerable as they are still developing mentally and physically, so training methods need to be modified as described below.

#### **Warmups**

All activities should first include a thorough warm up which is appropriate for the activity taking place. To help reduce the risk of injury, specific attention should be paid to those muscle groups that will be used during later activity.

Above all, safe practice means having a suitably qualified and experienced instructor who will ensure that young people & adults are not exposed to the above risks and who can make a training session enjoyable.



Because we deal with young people that are NOT regular members of any gyms and they might only engage with us 2 hrs per week or 4 hours per day during school holidays – we do not have intensity training, these sessions will be technique focused and more general fitness routines.