



## Health and Safety Policy

### 21st & 22nd February 2026 at The Roundhouse

#### 1. Introduction

This Health and Safety Policy is designed to outline the measures and procedures to ensure the safety and well-being of all participants, staff, volunteers, and spectators at the Isle Dance competition in conjunction with The Roundhouse. Our goal is to provide a safe environment for all involved, fostering a positive and injury-free experience.

#### 2. Risk Assessment

A comprehensive risk assessment will be conducted for the event location to identify potential hazards and implement mitigation strategies. This includes but is not limited to:

- Physical injury risks during performances or warm ups
- Emergency evacuation procedures and emergency exits announced throughout the day
- Equipment safety checks (e.g., sound systems, lighting) ensuring it is set up safely and does not put competitors at risk.
- Area for dancing is suitable and spacious enough for competitors.
- Dance floor area being clear and dry to avoid slipping and/or tripping.

#### 3. Participant Safety

- **Supervision and Guidance:** All participants under the age of 16 must be accompanied by a parent, guardian or teacher at all times during the event.
- **Warm-ups** Sufficient time and area will be provided for warm-ups before performances to prevent injury.
- **Proper Footwear and Clothing:** Participants are encouraged to wear appropriate footwear and attire for their respective performances to minimise the risk of injury.
- **Dance Space:** Participants are to find a suitable dancing space on the floor allowing them freedom to move.
- **Temperature of Room:** Ensuring the room temperature is suitable for the audience and competitors and adjust where necessary during the day.

#### Participants must NOT:

- wear any jewellery (earrings can be covered with a plaster)
- chew gum or eat whilst on the dance floor
- place any items on or around the dance floor that could cause a hazard
- compete if injured



#### 4. Emergency Procedures

- **First Aid:** First aid kits will be available on-site, and trained first aid staff will be present throughout the competition.
- **Medical Assistance:** In the event of a serious injury, paramedics will be called
- **Evacuation Plan:** Clear evacuation routes and emergency exits will be marked, and all staff, competitors, parents, guardians and teachers will be advised of these at the start of every section via the working panel over the microphone.

#### 5. Food, Hydration, and Nutrition

- Competitors can bring their own food and cold drinks into The Roundhouse, but **NO HOT FOOD** will be permitted.

#### 6. Communication

- **Incident Reporting:** Any incidents or injuries must be immediately reported to the event organisers or staff, who will take the necessary action and ensure appropriate follow-up.

#### 7. Conclusion

Isle Dance is committed to maintaining the highest standards of health and safety. We encourage all participants, staff, and spectators to follow the guidelines outlined in this policy to ensure a safe and enjoyable event for everyone.