

HEALTH AND SAFETY POLICY FOR RHYTHM NATION DANCE AND FITNESS



It is Rhythm Nation Dance and Fitness's policy to ensure the health, safety and welfare of all its employees, volunteers, directors and members while involved in related activities. In addition, it must also ensure the health and safety of other persons who may be affected by its activities such as visitors, audience members, contractors, suppliers, tenants and members of the public. Health and Safety management within Rhythm Nation Dance and Fitness will be an integral part of managing the total risks to the business.

Our Key objectives are to –

- Prevent work related accidents and ill health and reduce their number and severity to as low as is reasonably practicable.
- Meet all legal obligations regarding health and safety and, in particular, maintain an effective health and safety management system, safe and healthy working conditions, safe plant and equipment, safe materials and safe methods and procedures.
- Demonstrate to the members, customers, contractors, suppliers and the public, through a risk reduction programme, the importance to Rhythm Nation Dance and Fitness of their health and safety.
- Protect Directors' interests by ensuring that all decisions take into account the health, safety and welfare of participants.

Delivery of Key Objectives and Staff Involved –

Natasha Stewart, Director within Rhythm Nation Dance and Fitness, have been trained to a competent level in areas of risk management and health and safety and will take ownership of the responsibilities and authority for this policy.

They will ensure the following occurs- .

- Initial inspections of any halls, schools, etc, used for other classes, especially dance, to ensure venues carry no risk or hazards. They will also encourage staff to continue a regular check of premises every time they start classes to ensure that no risks or hazards exist and if they do to advise staff of the relevant premises so the risk or hazard is dealt with immediately.
- When dealing with Theatres it is now always common practice that the Theatre will work in partnership with Rhythm Nation Dance and Fitness to ensure both their and Rhythm Nation Dance and Fitness working practices are in order to ensure no risk or hazards. In addition, Natasha will carry out an inspection on the day(s) of rehearsals and shows to ensure no additional hazards or risks exist.
- When buying in the services of sound or light companies when running shows Rhythm Nation will only use companies already on an approved council or venue list to ensure that each company has taken full account of all health and safety issues required in their day to day practices. In addition, Natasha

will work with the company during the day to ensure that no risks or hazards do exist such as trip hazards with cables, for example.

- If any effects are used in Shows such as strobe lighting, Natasha will ensure that all people taking part, helping or watching the show will be aware of same prior to the effect taking place.

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- Any effects or other scenery that is used in shows must be fully risk assessed by Natasha and a note kept of any decisions made on its suitability for shows or events. Much of this will be based on past experience of such effects or scenery and also on the location and type of show it is being used in.
- Accident books will be kept at all Rhythm Nation Dance and Fitness premises and staff should also be aware of any accident books kept at other venues should any accident occur and require to be noted. Further Natasha will continue to make all staff and volunteers aware of the management of such accident books and relevant process.
- All staff involved in the delivery of Classes in Rhythm Nation should have had a basic level of first aid training should that be required, and this will be encouraged to be renewed through local courses. Volunteers and other Directors will also be encouraged to take part in such training.
- Any young person taking part in Rhythm Nation activity is asked to complete a parental contact form, part of which asks for any medical issues or other issues that may affect them or other members when taking part. Any potential risks to the young person or others are always communicated to staff members taking classes should any potential issues arise.
- Finally, and on occasions, Rhythm Nation Dance and Fitness will undertake trips to other areas with young people to take part in events. We will only use approved methods of transport and companies with a track record of working with councils and other organisations. Where possible we will inspect relevant venues we are travelling to if we are performing, and ensure these venues have a comprehensive health and safety policy in place. Any young person under the age of 18 will be asked to complete a parental consent to travel and again any medical or other conditions should be made aware to staff where relevant. Where possible we will ensure our ratio of staff to young people is at a maximum 1 to 10, more often it is usually 1 to 5. A risk assessment form will be completed by Natasha before each trip and staff advised of any potential risks, although Natasha will try to take part in the trip.

The above tasks are those we have identified during our day to day running of Rhythm Nation Dance and Fitness and we feel they protect everyone involved, or those who come into contact, with Rhythm Nation Dance and Fitness Whilst our own activity is very low risk, we take Health and Safety seriously and will continue to enhance and develop our practices as we progress. The responsibilities for day to day compliance with health and safety will sit with all Directors, Staff and Volunteers in Rhythm Nation and continued training/ awareness will be given to all.