



Health Promotion Policy

Introduction

Ausdance ACT is the Capital Territory's peak body and service organisation for dance in all its forms: from the professional sector through to youth dance and community organisations. Ausdance ACT is the longest established branch of a high profile, nationally and internationally recognized national dance and advocacy network: The Australian Dance Council – Ausdance.

Need for this Policy

Ausdance ACT projects and services promote principles and behaviours integral to health promotion. They deliver health messages including safe dance practices, good nutrition and positive body image, and project planning that incorporates principles such as sunsmart and accessibility. This document outlines the health promotion goals and strategies of Ausdance ACT. It also incorporates separate health policies into one document.

Goal 1

Promote safe and healthy dance practices to the dance community and the broader community.

Strategies:

- Promote the Safedance research outcomes to audiences e.g. studio teachers, independent artists, parents, and dancers.
- Promote good nutrition and the importance of hydration to participants in Ausdance ACT events and the broader community.
- Provide safe environments for dancers at all Ausdance ACT events e.g. suitable dance surfaces, adequate warm up space/time.
- Hold and make available portable dance flooring to create safe dance surfaces and advocate the importance of appropriate dance surfaces to the dance and broader community.

Goal 2

To promote good health through dance as an activity for all.

Strategies:

- Promote dance as a healthy, enjoyable form of physical activity across genders, ages, cultures, and body types.
- Promote dance projects that are accessible to the community as a whole to encourage participation in dance, with activities for all ages and for people with a disability or socio-economic disadvantage.
- Raise awareness of dance as a form of physical activity through media coverage of events.
- Ensure all Ausdance ACT projects are planned as accessible, and conducted in accessible venues.
- Present events that showcase different ability levels, body types, genders, ages etc dancing.

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- Produce and disseminate information on the diversity of dance activities geared at all ages, cultures and abilities e.g. through the monthly e-bulletin system.
- Encourage participation in dance at all levels.

Goal 3

To provide access to and promote information about dance teaching standards and safe dance practices.

Strategies:

- Publish and disseminate the *ACT Dance Directory*, The Guidelines for Teaching Dance, and the Code of Ethics for dance teachers and information on selection of dance schools and teachers.
- Promote access to the *SafeDance Research* outcomes 1, II, II and initiate fora for the discussion of Safe Dance practices.
- Conduct training in the Ausdance SkillSet for Teaching Dance.

Goal 4

To maintain an effective Injury Prevention and Management Plan.

Ausdance ACT incorporates Safe and Healthy dance practices in all activities and encourages partner organisations to adopt the same.

Strategies:

- Make participants aware of the importance of warm-up, hydration, warm-down and notification of injuries prior to all classes, workshops and performances presented by Ausdance ACT.
- Ensure a staff person holding a current Senior First Aid certificate and a fully-stocked first aid kit is present at all Ausdance ACT classes, workshops, and performances.
- All tutors and performance related staff employed and/or contracted by Ausdance ACT have appropriate teaching qualifications.
- Ausdance ACT maintains appropriate insurance cover.

Associated Policies

SmokeFree Policy

Ausdance ACT acknowledges that smoking is detrimental to the development and maintenance of good health for both individuals and the community. As an organisation that seeks to enhance health, Ausdance ACT will model SmokeFree behaviours to its constituents. Ausdance ACT follow the *Smoke-Free Workplace Policy* of ACT Health.

Strategies:

- Ensure that all enclosed public places associated with its activities are SmokeFree in accordance with ACT government legislation.
- Ensure that all social functions and eating associated with its activities are SmokeFree.
- Ensure that all staff, tutors, teachers and any other persons associated with Ausdance ACT in a paid or voluntary capacity refrain from smoking while acting in an official capacity.
- Ensure that cigarettes are not sold in venues under Ausdance ACT's control.

Sun Smart Policy

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Ausdance ACT acknowledges that exposure to the sun's harmful UV rays can cause damage to the skin and eyes. As an organisation which seeks to enhance health, Ausdance ACT will model and promote sun protective behaviours to its constituents.

Ausdance ACT will follow the Sun Protection Policy of ACT Health and will especially:

Strategies:

- Where possible schedule outdoor activities outside the hours of 10am-2pm (11am-3pm Daylight Saving Time).
- Where possible, conduct activities in shaded areas. Where this is not possible, provide shade structures for the use of participants when they are not involved in activities.
- Make available Broad spectrum sunscreen (SPF15 or above) for participants where activities are not conducted in shade areas.
- Encourage participants involved in outdoor activities to adopt Sun Smart behaviours.

Healthy Catering Policy

Ausdance ACT acknowledges that good nutrition is fundamental to the development and maintenance of good health. As an organisation that seeks to advance health Ausdance ACT will provide a model for good nutrition behaviours and provide healthy food options to its constituents.

Ausdance ACT will follow the Healthy Choices Catering Policy of ACT Health and will especially:

Strategies:

- Promote hydration and fluid intake before, during and after exercise.
- Provide healthy food (in-line with Australian Dietary Guidelines) at Ausdance ACT events.
- Opt for catering options which do not waste resources.
- Refer to Healthy Catering Guidelines to support this policy.

Codes of Conduct

The Ausdance National Policies and Procedures framework applies to all Ausdance staff, contracted employees and volunteers involved in Ausdance activities.

Principal References

Australian Guidelines for Dance Teachers - Ausdance National 1997

Australian Standards for Dance Teachers: The National Interim Competency Standards - Commonwealth of Australia 1998

Safe Dance Project Reports I, II, III – Ausdance National

Nutrition Fact Sheet: Fueling the Dancer The International Association for Dance Medicine and Science

Access All Areas – The Australia Council 1999

Dance and Disabled People – The Foundation for Community Dance (UK)

National Arts and Disability Strategy Discussion Paper – Cultural Ministers Council 2008

Smoke-Free Workplace Policy - Australian Capital Territory Department of Health

Sun Protection Policy - Australian Capital Territory Department of Health

Healthy Choices Catering Policy - Australian Capital Territory Department of Health