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## *Safety Guidelines*

Dance, baton twirling and poms are reasonably safe, as long as certain safety guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, lacerations, stress fractures, head injuries, and broken bones. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

All persons participating in studio classes and/or activities are expected to adhere to the following safety guidelines:

1. Always warm-up appropriately before practicing or performing.
2. Always wear appropriate shoes and clothing.
3. Never wear jewelry of any kind (post earrings allowed).
4. Never chew gum when practicing or performing.
5. Never bring food or drinks into the practice room.
6. Personal belongings (coat, book bag, etc.) should be left in the dressing room, not the practice room.
7. Always have your hair pulled back from your face and shoulders.
8. Always practice in the presence of a qualified instructor.
9. NEVER stunt or tumble without supervision by a qualified instructor.
10. Do not attempt any move that you have not yet been taught.
11. Never talk, laugh, run or play around when practicing or performing. Running in tap shoes is strictly prohibited.
12. Report all injuries to your instructor immediately.
13. Follow all trainer and doctor recommendations.
14. Eat nutritious meals and get plenty of rest.
15. Always ask for assistance or advice.
16. Never leave the studio without a parent or guardian present.
17. Parents/Guardians must always be present with their child at competitions unless arrangements have been made for supervision by another adult.
18. Always make sure your equipment (shoes, baton, etc.) is in good shape and proper working condition.

**ENCORE BATON & DANCE STUDIO, ITS AGENTS, SERVANTS AND EMPLOYEES RESERVE THE RIGHT TO ASK ANY PERSON TO LEAVE THE PREMISES OF THE STUDIO WHO REFUSES TO FOLLOW THE ABOVE SAFETY GUIDELINES.**