

# Safe Dance Practice

July 22nd - July 25th 2019

*Professional  
Development  
Course*

Do you want to enhance your understanding of the dancing body and mind so that you can advance the potential of yourself and your dancers, and minimise injury risks?

**Then this course  
is for you!**

Delivered by Edel Quin, Safe in Dance International (SiDI) Healthy Dance Practice Registered Provider, and co-author of *Safe Dance Practice. An Applied Dance Science Perspective.*



**BOOK NOW:  
store.chi.ac.uk**

See also our **Dance Summer Intensive** available through our online store: [store.chi.ac.uk](http://store.chi.ac.uk) and search for 'dance'.

For further information: please contact Edel Quin [e.quin@chi.ac.uk](mailto:e.quin@chi.ac.uk) or Miranda Labushagne [m.labushagne@chi.ac.uk](mailto:m.labushagne@chi.ac.uk)

[chi.ac.uk/dance](http://chi.ac.uk/dance)

# Safe Dance Practice

This practical four-day course is for current teachers of dance in any style, as well as students in their latter stages of their studies who may wish to pursue dance teaching upon graduation. The course will cover required knowledge for pursuit of the **Certificates in Healthy Dance Practice**, awarded by Safe in Dance International (SiDI [www.safeindance.com](http://www.safeindance.com)). It is delivered by a leading dance teacher and dance science practitioner, who is also a registered course provider for SiDI and co-author of the book *Safe Dance Practice. An Applied Dance Science Perspective*.

Topics covered across the four days of delivery include:

- Preparation for and recovery from dance practice
- Anatomy and alignment for dance
- Session progression and sequencing
- Integrating supplementary training
- Fundamental nutrition and hydration for dance
- Creating positive learning environments
- Dance injury awareness and management
- Ensuring a safe dance environment
- Consideration of the above principles as applied to different dancing populations (e.g. adolescents, elderly, disabled)



Guidance will also be offered to those who wish to pursue the **Certificates in Healthy Dance Practice**, awarded by



Safe in Dance International (SiDI) and have their healthful dance practice endorsed by this industry standard organisation. A separate one-to-one session will be offered at a later date (within 6-months of the course) for anyone submitting their materials for the certification.

The course will run alongside our **Dance Summer Intensive** and will offer daily morning technique class from a range of professional dance teachers.

Included in the Price:	Normal Rate	Students/Early Bird
4-day Safe Dance Practice Course Daily technique class Safe in Dance International registration fee (usually £190)	<b>£450</b>	<b>£390</b> (available until 14th June 2019)

Accommodation is available at an additional cost of £25 per room per night.

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