

# **Student Health Policy**

## **2023-2024**

### **1. Introduction**

- 1.1 Shockout Arts are highly aware of the importance of a student's wellbeing, both physically and mentally, during their training we ensure that each student is given guidance as to his/her personal health, particularly relevant to dance/performing arts training.

### **2. GP Information**

- 2.1 **Prior** to commencing the course, students must have returned the Medical Questionnaire completed and signed by their own doctor and/or a doctor's note stating that the student is fit to undertake a vigorous training course with particular emphasis on dance.
- 2.2 **General Practitioner** – students attending Shockout are required to register with a general practitioner (Doctor) in the area they will be living. This should be organised once living arrangements have been confirmed and the admin office notified of the GPs name and practice address. If the student has not registered with a doctor by half term they may not be allowed back on the course until they provide proof of their registration. Registering with a GP is not only essential to your general wellbeing but also to ensure you can be referred appropriately in the event of an injury.
- 2.3 For medical advice call NHS 24 hours service on telephone number 111, calls are free from landlines and mobile phones. This is a non-emergency number where you can speak to a highly trained adviser, supported by Healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you.

### **3. Medication**

- 3.1 Any student who requires medication eg. Asthma sufferers, must keep their medication with them or nearby. If required the student support office will keep safe the student's medication until required to administer.

### **4. Injuries**

- 4.1 In the event of an injury the student should discuss any treatment with the First Aider on duty. If the injury cannot be treated on site then appropriate specialist will be recommended eg. Walk in centre or emergency services.
- 4.2 Following external treatment, the student should inform the student support team. The student support team must be provided with a report of treatment

given to the student by the external practitioner, a copy will be placed on the student's file.

## **5. First Aid**

- 5.1 In accordance with our Health & Safety policy Shockout ensures that several staff hold valid first aid certificates and that suitably equipped first aid boxes are kept on site in both premises.
- 5.2 A full list of qualified first aid staff are placed on the noticeboards around the buildings.
- 5.3 Training and development are provided to all staff to ensure they are fully informed of current practices and procedures, first aid and safe teaching practices.

## **6. Nutrition**

- 6.1 Guest lectures take place to provide students with advice and guidance on Health and Nutrition.
- 6.2 Dancers make huge demands on their bodies physically and therefore what you eat is of prime importance.
- 6.3 Dancers must think of themselves as a 'prime professional athlete' and as such monitor carefully what they eat and drink each day. Be aware of how much carbohydrate, protein, fats and pure water you take each day. Think carefully and plan your meals with special consideration to your intake of fats and sugar, which whilst essential, should be kept to a minimum.
- 6.4 If you wish to discuss any issue connected with nutrition speak to a member of the student support team who will provide you with relevant information or guide you to appropriate person.

## **7. Drugs / smoking / vaping and alcohol**

- 7.1 Please refer to the drugs and smoking policy

## **8. Prevention and Recovery of Injuries**

### **Prevention**

### **Recovery**

- 8.1 It can be frustrating when fellow students are dancing and you are not due to an injury. Do not under any circumstances attempt to dance before you are ready. You will only cause further injury. Fitness is determined by Head of Dance and under consultation with your medical practitioner.

- 8.2 Body conditioning is taught as part of the course. Some exercises can safely be continued during a period of injury, but students should consult their medical consultant or physiotherapist as to the appropriate exercises to be continued, as they will vary according to the type of injury.
- 8.3 Recovery time can be pro-active with regard to injuries, how to self-manage these times, whilst gaining valuable knowledge and understanding of injuries, recovery and injury prevention. It will make an important record and course contribution in professional practice to be used at a time when injured during a contract or for speeding the recovery time from injury after you have completed your training.
- 8.4 Recovery from an injury is individual to each person and there is no set time for recovery for each type of injury. Your appointed medical professional, along with the university will monitor your progress and make decisions as to when, and in what quantity and frequency, you will be able to resume dancing. You must be careful when you start to partake in classes not to overdo the exercises, and to monitor your recovery. Be sensible by not doing too much too soon.
- 8.5 Any information you require about the nature of your injury recovery can be obtained from the student support team.

#### Related Policies

Health & Safety Summary

Fitness to study Policy

No Smoking Policy

Drugs Policy

Covid-19