

At Dance Fitness Society, the health, safety, and well-being of our members are our highest priority. We are committed to providing a safe, inclusive, and supportive environment where everyone can enjoy dance fitness activities with confidence and peace of mind.

Physical Safety

- Members are encouraged to listen to their bodies and modify movements as needed to suit their fitness level.
- Hydration and rest are promoted during sessions to prevent fatigue and injury.
- First aid support will be available at all official society classes and events.
- In the case of injury or discomfort, members are encouraged to notify an instructor or committee member immediately.

Environment & Equipment

- All venues used by the society will be checked for suitability, cleanliness, and safety before use.
- Appropriate footwear and clothing are recommended to ensure safety during movement.
- Any equipment used (e.g. mats, resistance bands) must be in good condition and used according to safety guidelines.

Mental and Emotional Well-being

- The society fosters a non-judgmental, body-positive environment where all members feel safe, respected, and valued.
- Bullying, harassment, or discrimination of any kind will not be tolerated.
- Members are encouraged to take breaks if overwhelmed or unwell and to seek support from the committee if needed.

COVID-19 and Health Precautions (if applicable)

- We follow current health guidelines regarding hygiene, distancing, and symptom reporting.
- Members should not attend in-person classes if experiencing symptoms of illness.

Consent and Boundaries

- All physical corrections or contact from instructors will be explained and consent-based.
- Members are encouraged to speak up if they feel uncomfortable at any time.

Emergency Procedures

- Emergency exits and procedures will be highlighted at the start of each term/session.
- All instructors and committee members are briefed on what to do in case of accidents or emergencies.

We are committed to continuously reviewing and improving our safety practices to ensure the well-being of everyone involved.

If you have any concerns, suggestions, or incidents to report, please speak to a committee member or contact us at [insert contact email].