



Health and Safety

Core Course

This course gives SBK teachers the real-world health and safety skills needed to run safe, inclusive and expertly managed classes, workshops and socials. From venue hazards and safe flooring to injury prevention, emergency response, welfare, consent and professional boundaries.

You will learn how to spot risks fast, prevent problems before they happen and handle incidents with calm authority. If you want to teach responsibly, protect your students and deliver high-quality dance experiences in any venue, this is the essential course.

Lessons

1. Responsibilities and Legal Duties
2. Safe Dance Spaces
3. Venue Requirements
4. Physical Health & Injury Prevention
5. Health Emergencies & Incident Response
6. Welfare, Stress & Professional Practice
7. How to Produce a Risk Assessment



3 hour course

Two assessments: MCQ Test Document upload

80%
Pass
mark

