

Leeds University Union

Risk Assessment

Name of Group		LUU BALLET SOCIETY		Date of Assessment	14.10.08	
Hazards?	Who might be harmed and how?	What are you doing already?	What further action is necessary?			
			Action required	By whom	When	Done
Personal physical injury (muscle or joint) due to insufficient warm-up, warm down, lifts or physically stressful elements of dance.	Any dancer	Allotting sufficient time at the beginning of each lesson for a comprehensive warm-up and ensuring everyone is satisfied with the technical elements of dance (lifts, jumps etc)	Continuing emphasis of the importance and value of warm-ups and alerting a teacher if you are uncomfortable with the routine/exercise	Teachers: Gill and Anna. Every member of class.	Every lesson	
Possible physical injury due to dancing	Any dancer	Asking participants to inform teachers and other class members at the beginning of each lesson of any ongoing injuries and to alert the teacher if an injury occurs during the class	Continuing emphasis on the importance of alerting teachers personal fitness issues	All dancers	Whenever necessary	
Slipping/falling on floor	Any dancer, especially those not wearing correct footwear (ballet)	Forbidding the wearing of socks and other inappropriate footwear. Ensuring that	To constantly ensure that all dancers are wearing ballet	All dancers	Every lesson	

Carried out by

Harriet Drinkwater (Secretary)

Harriet Drinkwater

Review Date

25.05.10, 31.7.10 &

13.10.10



	shoes/Pointe shoes)	all dancers wear ballet shoes or have bare feet	shoes		
Injury through dropping barres	Any person carrying them or nearby	Ensuring they are constantly cautious and to ask for help if they feel it is necessary	Always make sure that there are plenty of people present to help and supervise	All dancers	Every lesson
Barres coming loose or away from their stands	Any dancers using them for support	Tightening screws as much as possible and also trying not to totally rely on the barre for complete body sport	Continue to check the safety of the barres at the beginning of each lesson.	Class reps	Every lesson
Pointe work	Any inexperienced dancer or dancers that carryout exercises incorrectly	Pointe work starts later in the academic year which ensures that dancers have strong enough leg muscles	Ensuring that the teacher does not allow anyone to participate in Pointe work if they are not physically prepared	Teachers	At the beginning of each Pointe lesson
Inappropriate clothing, footwear & jewellery	Any dancer wearing inappropriate attire	Trying to ensure members of each class; remove all jewellery before classes, wear tight fitting clothing that is unlikely to get caught or tangled, wear ballet shoes or have bare feet to reduce the risk of slipping	Continuing emphasis of the dangers of loose clothing and jewellery and ensuring each member of the class is dressed correctly every lesson	Teachers, president, secretary & treasurer and class reps	Every lesson
Inappropriate	Any dancer	Ensuring all lessons and practices take place	Making sure flooring is safe on	Committee	Every lesson

flooring		in a room with a sprung floor. Also ensuring that all floorboards are properly fixed and none become loose.	a weekly basis and alerting Stage@Leeds if there is a problem.	members	
Using a small room	Any dancer	Ensuring the room is not too crowded and everyone has sufficient space to move, this requires the class to split into smaller groups at times, with several people having to move to the side at times	Continue to ask if everyone has enough room to dance properly.	Teachers – Anna/Gill	Throughout every lesson.
Dehydration	Any dancer	Making sure everyone comes equipped with water (and food if needed). Taking breaks at intervals throughout the lesson. Ensuring that all possible ventilation areas are in use and everyone understands the importance of hydration.	Emphasising that it is ok to stop if one feels faint or dehydrated. Keeping windows open.	Class reps & teachers.	At the beginning and throughout each lesson
Electrical equipment hazards & trip hazards	Any dancer	Ensuring any wires etc are pushed to the side of the room/taped to the floor and drawing attention to them. Ensuring that stereo	Continuing to check that the room is safe and hazards are as limited as possible. Agreeing	Class reps & teachers.	Every lesson

		and all other electrical equipment is PAT tested and certified.	on a suitable music volume.		
Hazards relating to performance, stage & costume	Any dancer	Ensuring each dancer knows the limits of the stage and laws of stage safety	Ensuring that loose fitting costumes are safe and unlikely to get caught or break	Everyone	When practising on stage (in preparation for show)
Fire Hazards	Everyone	Ensuring that the fire exits are kept clear at all times. Keeping doors unlocked.	Making sure that everyone knows where the fire exits are and what to do in case of fire.	Committee members	At the beginning of every lesson
Drunken behaviour on socials	Any member of the society	Ensuring everyone is capable of respectable behaviour while representing LUU	Emphasis that excessive drinking is not imperative on socials.	Social Sec	At every social
Personal belongings	Any member of the society	Emphasising that belongings are left in changing rooms at people's own risk. LUU Ballet society takes no responsibility for personal belongings of members.	None	None	None
Give It A Go Session	Those who have limited or no experience of ballet.	Letting participants know that they do not have to do anything that they are not comfortable with.	Ensuring everyone is at ease with the standard of dance being set by the teacher.	Committee Members and Teacher	At the beginning of the class