



Australian Government

CUAWHS111 Follow safe dance practices

Release: 1

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Modification History

Release	Comments
Release 1	This version first released with CUA Creative Arts and Culture Training Package Version 5.0.

Application

This unit describes the skills and knowledge required to build the foundations for a safe and healthy career in the live performance industry, through the application of safe dance practices.

The unit applies to those who perform and practise in dance classes, rehearsals and performances under the supervision of experienced dancers and dance teachers.

No licensing, legislative or certification requirements apply to this unit at the time of publication.

Unit Sector

Regulation, licensing and risk – Work health and safety

Elements and Performance Criteria

ELEMENTS	PERFORMANCE CRITERIA
<i>Elements describe the essential outcomes.</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Identify importance of anatomy and physiology to safe movement	1.1 Identify basic structure and systems of the human body 1.2 Discuss purpose and benefits of warm-up and cool-down procedures with required personnel 1.3 Discuss principles of safe stretching practice with required personnel
2. Identify common dance injuries and health issues	2.1 Identify causes of common dance injuries 2.2 Discuss with required personnel the effects of alcohol, drugs, smoking, and eating disorders on a dancer's physical health and emotional fitness 2.3 Determine action to be taken if injuries occur including techniques for dealing with soft tissue injury 2.4 Identify sources of professional assistance with health and injury

ELEMENTS	PERFORMANCE CRITERIA
	management
3. Apply safe dance practices to dance activities	3.1 Practise different warm-up, cool-down and safe stretching exercises 3.2 Apply principles of correct posture and body alignment to basic dance movements 3.3 Discuss with required personnel safety aspects of dance classes, venues and facilities 3.4 Report venue safety hazards according to organisational procedures 3.5 Identify and follow procedures for minimising impact of performance activities on the environment 3.6 Follow safety and emergency procedures in venues, seeking clarification and assistance as required

Foundation Skills

This section describes those language, literacy, numeracy and employment skills that are essential to performance but not explicit in the performance criteria.

SKILL	DESCRIPTION
Oral communication	Obtains information by listening and questioning
Reading	Interprets information from different written sources
Writing	Completes routine workplace documentation
Initiative and enterprise	Adopts a methodical approach to the process of acquiring and applying knowledge about safe dance practice
Self-management	Follows protocols and procedures for safe dance practice
Teamwork	Works collaboratively
Technology	Uses the internet as a source of information

Unit Mapping Information

Supersedes and is equivalent to CUAWHS101 Follow safe dance practices.

Links

Companion Volume Implementation Guide is found on VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1db201d9-4006-4430-839f-382ef6b803d5>