



Australian Government

CUAWHS111 Follow safe dance practices

Release: 1

CUAWHS111 Follow safe dance practices

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>

Assessment Requirements for CUAWHS111 Follow safe dance practices

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Performance Evidence

The candidate must demonstrate the ability to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including evidence of the ability to:

- follow safe dance practices on at least two occasions.

In the course of the above, the candidate must:

- perform a range of warm-up, cool-down and safe stretching exercises
- apply a basic understanding of anatomical principles to dance activities
- identify potential safety hazards in a dance performance environment.

Knowledge Evidence

The candidate must be able to demonstrate knowledge to complete the tasks outlined in the elements, performance criteria and foundation skills of this unit, including knowledge of:

- common dance injuries and their causes and procedures for minimising own risk of injury
- relationship between the following systems in the human body and safe dance practice:
 - articular – bones joints and how they work
 - muscular – major muscles and how they work
 - circulatory – cardiovascular fitness
 - nervous – the relationship between sensation and movement
- role of the following in contributing to safe dance practice and injury prevention:
 - spine articulation
 - foot engagement
 - support provided by feet, legs, hands, arms and torso
 - joint movement
 - differentiation of the legs and pelvis
 - emotional wellness
 - posture and body alignment

- techniques for dealing with soft tissue injury including rest, ice, compression and elevation
- basic safety and emergency procedures for performance venues
- common venue safety hazards
- potential environmental impacts of dance activities and performances and procedures for minimising impact.

Assessment Conditions

Skills in this unit must be demonstrated in a workplace or simulated environment where the conditions are typical of those in a working environment in this industry.

This includes access to:

- rehearsal space
- interaction with others required to demonstrate the performance evidence
- resources and information relevant to safe dance practices.

Assessors of this unit must satisfy the requirements for assessors in applicable vocational educational and training legislation, frameworks and/or standards.

Links

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