



**RADIANCE ACADEMY
TOOWOOMBA**
Where dancers shine!

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Staff Policy and Procedures Document 7 Warm Up Policy

DO's

- We do a thorough warm-up beginning with exercises and stretches followed by more specific steps and movement combinations that gradually build to cause perspiration without becoming out of breath.
- We do allow muscles to get warmer, so that as they do they also become more flexible.
- We do realise The best muscle warmer is your circulation, so the trick is to increase your blood flow by slowly exercising. In addition to tuning your body, this also cuts down on muscle soreness after exercise.
We do abide by Shellock's (1983) precise definition that suggests *Each class should include a section of continuous movement of 15 minutes or longer which uses large muscle groups and is of sufficient intensity to increase the internal body temperature by one or two degrees so that the dancer begins to perspire. This temperature elevation allows more efficient energy production to fuel muscle contraction, increases the flexibility of the tissue, allows for faster relaxation and contraction of muscle, and increases the rate of transmission of messages along the nerves.*
- We do include an effective cool-down after each class to reduce stress on the body and allow pulse and breathing to gradually return function to normal
- We do ask that each student bring a water bottle to class and drink regularly
- We always follow the guidelines for correct warm-up and cool down procedures

Do Not

- We do not go outside our scope of practice

Further reading

- *Your Body, Your Risk* Pub. Dance UK
- *Preventing Dance Injuries* by Ruth Solomon, John Solomon and Sandra Cerny Minton, Pub. Human Kinetics
- *Conditioning for Dance* by Eric Franklin, Pub. Human Kinetics

[*This Is How You Should Actually Warm Up Before Dancing*](#)