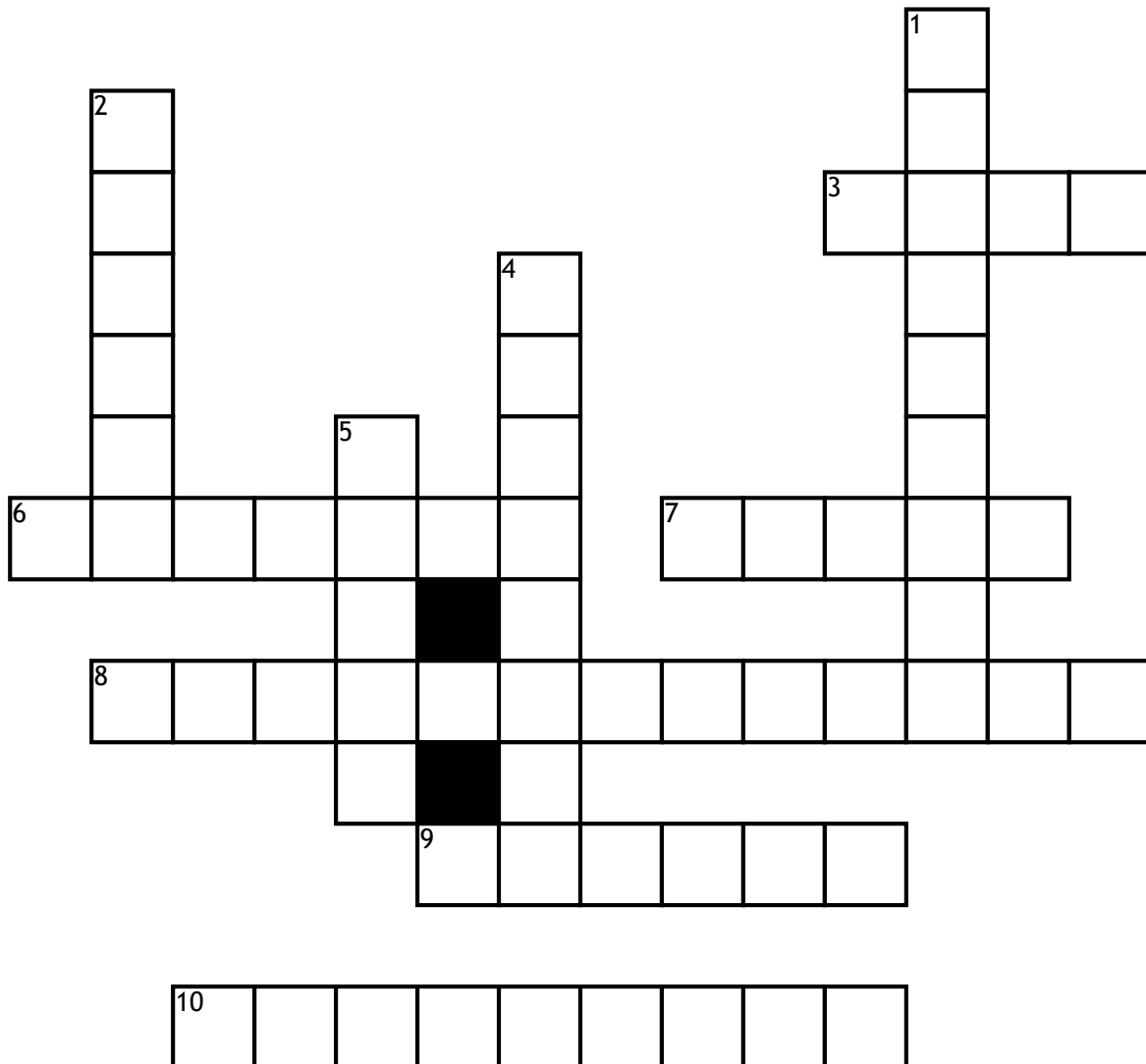


Safe Dance Practice



Across

3. Consuming healthy amounts of minerals, vitamins, carbohydrates and proteins for healthy bones, muscles and energy levels.

6. _____ awareness is having knowledge of the space around you and using this knowledge effectively.

7. The 5 step procedure to help manage pain and prevent further damage when the dancer is injured.

8. _____ factors which effect safety; including temperature and studio condition.

9. Dancing should stop immediately and the dancer should follow the appropriate management method and seek medical advice if this occurs.

10. The guidelines outlining the way in which choreography should be performed, specific to genre and style of dance.

Down

1. Placement of the body in a way that ensures safety and correct technique.

2. This should be done before all classes, rehearsals and performances to prevent injury.

4. This should be done after all rehearsals, practises and performances to prevent injury.

5. The maximum amount of stretching, choreography or activity the body can take safely.