

44th Dance Congress, Athens 2016

Application to present a 20 minute lecture on behalf of Edel Quin, Sonia Rafferty and Charlotte Tomlinson

Presenter – Charlotte Tomlinson – Co-author of *Safe Dance Practice: An Applied Dance Science Perspective* (2015) Human Kinetics

Lecture title: Safe Dance Practice: Enhancing the Dance Experience

Brief description: In terms of artistic and creative practice, there are worries that focusing on health and safety may be detrimental to innovation and risk-taking. But, safe and healthy dance practice involves so much more than industry regulations. It is the best way to reduce injury risk and to optimise performance. Dance leaders can benefit from a greater understanding of different dancing bodies and how the needs of dancers change with their development, level of participation and the stylistic demands. We now know more about effective ways to warm-up and cool down, when and how best to stretch to recover and improve flexibility, and how to support our bodies with proper nutrition and hydration. By understanding how to structure dance sessions from a physiological perspective, we can enhance the dancer's learning and experience, making it not only safer but more productive. Communicating effectively will help to nurture a positive psychological environment so that all dancers are respected and safeguards can be put in place. Finally, those health and safety guidelines *are* important to protect people, including knowing how to prepare the environment in which we dance so that facilities are suitable for dance activity. Everyone involved in dance should be able to train, teach, rehearse or perform in a physiologically and psychologically safe and supportive environment. Rather than limiting creative risk, safe and healthy dance practice will support the art form as it continues to develop, enhance performance and most importantly, support wellbeing for all dancers. This lecture aims to touch on some key areas of safe dance practice, but also, leads the audience to where and how to find out more about this crucial part of dance development.

About the authors: **Edel Quin, MSc, FHEA**, is a former professional dancer and currently leads the MSc and MFA in Dance Science at Trinity Laban Conservatoire of Music and Dance, London. She specializes in the application of dance science to the practice of dance across styles, ages and settings. She frequently presents her applied research at national and international conferences and has published numerous papers. A registered course provider with Safe in Dance International (SiDI), Quin is a sought-after speaker on safe dance practice, teaching in UK, Europe, USA and Hong Kong. She serves on the education committee of the International Association for Dance Medicine & Science (IADMS).

Sonia Rafferty, MSc, FHEA is a Senior Lecturer at Trinity Laban Conservatoire of Music and Dance in London, UK. She is also a professional freelance performer, choreographer, artistic director, mentor and company and master class dance technique teacher. As a founder and part of the executive team with Safe in Dance International (SiDI), she has developed the Healthy Dance Practice and Healthy Dancer Certificates, which offer CPD endorsement for dance professionals. Sonia has published peer-reviewed articles on dance science and healthy dance practice and is an active member of the International Association for Dance Medicine & Science (IADMS).

Charlotte Tomlinson, MSc, PGCE is a dance lecturer, community practitioner, and Registered Course Provider for Safe in Dance International (SiDI), for whom she designed and delivered the first healthy dance practice certification course in Europe. She has presented at the International Association for Dance Medicine & Science annual meetings and co-wrote the foundation degree in dance at Leicester College, UK, where she is module leader for community dance practice and anatomy and physiology. She is a member of the International Association for Dance Medicine & Science, Dance UK, Foundation for Community Dance, and FitPro.

Combined author biography

Edel Quin, Sonia Rafferty and Charlotte Tomlinson are co-authors of *Safe dance practice: An applied dance science perspective*.

As well as dance scientists and researchers, they are practicing freelance performers, choreographers and artistic directors and have substantial experience in the higher education sector, leading programmes and delivering vocational training. As advocates and consultants for safe and healthy practice in the dance industry, they are strongly committed to raising awareness in this field: All three are key members of the Safe in Dance International (SiDI) team and have strong links with the International Association for Dance Medicine and Science (IADMS).