

EMERGENCY

RESPONSE GUIDE FOR DANCE TEACHERS



SUGARFOOT
THERAPY

Being prepared to manage medical emergencies in dance education settings.

As a dance instructor, you play a crucial role in ensuring the safety and well-being of your students during both practice and performance. While dancing can be exhilarating and fun, it also comes with inherent risks. Knowing how to quickly and effectively respond to medical emergencies is vital for minimizing the impact of injuries and ensuring a safe environment.

Basic First Aid Kit for Dance Studios

Ensure you have a well-stocked first aid kit available at all times.

Recommended items include:

- Band-aids and gauze/self adhesive tape
- Ice packs or cold compresses
- Elastic bandages for sprains
- Tweezers (for splinters or foreign objects)
- Wound wash
- Scissors
- SAM splint
- Disposable gloves
- Thermometer
- Emergency contact numbers



Contact me for
further training
in first aid and
CPR



Stay Calm and Communicate

In any medical emergency, staying calm is crucial. Reassure the injured student and provide clear instructions to any bystanders or assistants. Communicate with any paramedics or emergency responders and always follow up with the student and guardians after the incident to ensure they have received proper care.

As a dance instructor, you are an essential part of your students' safety and health. By understanding common medical emergencies and knowing how to respond, you can act swiftly and confidently in case of an emergency. Regularly reviewing these guidelines and practicing basic first aid can make a big difference in managing an emergency effectively.

In case of emergency, CALL 911

Our Studio Information

NAME : _____

ADDRESS : _____

PHONE : _____

Medical Points of Contact for non-emergency Injuries

NAME : _____

PHONE : _____

EMAIL : _____

NAME : _____

PHONE : _____

EMAIL : _____

How to manage some of the most common medical emergencies that can arise during a class or performance:

SPRAINS AND STRAINS

Symptoms: Pain, swelling, limited movement in the affected area (e.g., ankle, knee, wrist).

What to Do:

- **Stop the Activity:** Immediately cease any movements that strain the affected area.
- **Apply P.E.A.C.E.**
 - **Protect** injury by avoiding activities & movements that increase pain during first few days
 - **Elevate** the injured limb above heart level as often as possible
 - **Avoid** icing and taking anti-inflammatory medications, which can reduce tissue healing (may ice during the first 12 hours if pain is not tolerated)
 - **Compress** the area with an elastic bandage
 - **Education:** seek guidance from medical professional to avoid unnecessary treatments and foster active participation in the healing journey
- **Do not STRETCH the injured joint or muscle**
- **Seek Medical Attention:** Always refer the dancer to a healthcare professional for evaluation. With Direct Access laws in California and many other states, they can be seen by a Physical Therapist immediately. Then, your therapist can help refer you to the appropriate Medical Doctor or Orthopedic Surgeon.

ANKLE OR FOOT INJURIES (FRACTURES/DISLOCATIONS)

Symptoms: Immediate pain, inability to bear weight, visible deformity or swelling.

What to Do:

- **Don't Move the Student:** If the injury appears severe, do not attempt to move the person or "pop" the bone back into place.
- **Stabilize the Area:** If possible, immobilize the injured ankle/foot by placing a splint or padded support around it.
- **Call for Medical Assistance:** Avoid unnecessary movement and transport of the student unless the injured site can be immobilized for transport. If not, call 911.

HEAD INJURY

Symptoms: Blunt trauma to the head by hitting the head on the ground during a fall or with a hard object. May have a visible bump and tenderness to the touch, redness, bruising, or headache.

What to Do:

- **Protect the head:** Gently stabilize the head where it's at, do not move the dancer.
- **Check to see if they have the following:** Numbness and tingling in the hands or feet, liquid coming out of the ears or nose, indentation of the head, bruising under the eyes, bruising behind the ears, loss of consciousness, seizures, severe headache that increases with time, excessive bleeding. If they have any of these symptoms, IMMEDIATELY CALL 911.
- **Monitor:** If your dancer is able to sit or stand up with resolving symptoms, advise them to seek medical attention as a follow up. They may have an underlying concussion that could be overlooked but affect the dancer later. Ice may temporarily help with the swelling and tenderness.

HEAT EXHAUSTION OR HEAT STROKE

Symptoms: Dizziness, headache, excessive sweating, nausea, confusion, pale or flushed skin.

What to Do:

- **Move to a Cooler Environment:** Immediately get the student out of direct sunlight or the hot dance studio.
- **Rehydrate:** Offer water or an electrolyte drink.
- **Cool the Body:** Use cool, damp cloths on the skin, or encourage the student to lightly mist themselves with water.
- **Monitor:** If symptoms worsen or the person becomes confused or unresponsive, call 911.

Note: Heat stroke is a medical emergency and requires immediate action.

FAINTING (SYNCOPE)

Symptoms: Dizziness, nausea, pale skin, loss of consciousness.

What to Do:

- **Lay the Student Down:** Have the student lie flat on their back, legs elevated above heart level to increase blood flow to the brain.
- **Ensure Airflow:** Loosen any tight clothing around the neck or chest to ensure proper airflow.
- **Monitor:** If the student regains consciousness, offer water and allow them to sit up slowly.
- **Seek Medical Help:** If fainting occurs repeatedly or if the student doesn't recover quickly, refer to Medical Doctor.

Note: Dehydration, low blood sugar, or low intake of food can cause fainting. If possible, ask the dancer when their last oral or liquid intake was, if they are allergic to anything, have they taken any medications, and if they have a medical history that causes fainting.

SEIZURES

Symptoms: Uncontrolled shaking, loss of consciousness, abnormal eye movements.

What to Do:

- **Protect the Student:** Gently guide the student to the floor to prevent injury. Clear the area of any hard or sharp objects.
- **Do Not Restrain:** Let the seizure run its course; do not try to hold the person down.
- **Time the Seizure:** If the seizure lasts more than 5 minutes, call emergency medical services.
- **Recovery:** After the seizure ends, let the dancer rest in side lying. Be supportive and allow them to regain full consciousness.
- **Call 911 if....**
 - First-time seizure
 - Seizure in an infant <6 months of age
 - Seizure lasting >5 minutes
 - Seizure in a person who is pregnant
 - More than 1 seizure that occurs without return to baseline mental status in between
 - Person does not return to baseline within 5-10 minutes after seizure has stopped
 - Seizure with traumatic injuries
 - Seizure with choking
 - Seizure with difficulty breathing
 - Seizure occurring in the water
 - Possible stroke because patient is elderly
 - High fever if patient is young