

VISION



DANCE ACADEMY

Why is Injury Prevention Important for Dance? Do I need to worry about my child getting hurt?

Dance, like any elite sport, can be very demanding on the body. Recreational dancers that dance once a week are far less likely to be injured during dance class than dancers that participate in classes 5 or more hours per week. At Vision Dance Academy we do not believe in “pushing through an injury”. We are not only concerned with your child’s well-being for the next couple of years, but for the rest of their lives. Physical Injuries during childhood and/or adolescence can hinder a dancer in their adult life. An example of this is former professional ballerinas that have to undergo hip replacements.

Unfortunately, most dance teachers are not educated in injury prevention and/or treatment. Ontario does not currently regulate dance schools. This is not meant to scare you, but to encourage you to be selective when choosing a dance school. We believe your child deserves the best.

Here are a few tools we employ at Vision Dance Academy, in an effort to provide an injury free dance education

- Sprung flooring (this type of flooring helps absorb the shock when landing from jumps. Without this kind of flooring, your child’s joints will absorb this shock. Over time this will cause wear and tear on their growing bodies).
- All faculty are trained in First Aid and Injury Prevention
- Root Structure: This ensures that each level builds upon the previous, therefore not pushing dancers to do more than they are ready for
- CI Training: This conditioning method is incorporated into our Conditioning classes, as it is excellent for preparing young bodies for what they will be required to do in their technique classes.

We look forward to spending the dance year with you and your child/children. We are honoured to be entrusted with their dance education, and can’t wait to start having a whole lot of **FUN!**