

# Norfolk Institute of Performing Arts

## Physical Activity Policy

Before undertaking any physical activity, please ensure that you use the checklist below to ensure your welfare and safety. Please also follow the post-activity checklist. If you have specific health conditions or an injury, discuss your exercise and physical activity plan with your teacher before you begin.

### **Pre-Activity Checklist:**

- Have I enough space to carry out this activity safely? Is my working area clear of obstacles that could cause injury?
- Am I wearing appropriate clothing and footwear? Have I removed any jewellery? Is my hair tied back and off my face (if applicable)?
- Is the space I am working in a suitable temperature?
- Is any music I am using at a safe and suitable volume?
- Have I carried out an appropriate warm up for the forthcoming activity?
- Have I had suitable nutrition and fluids before starting this activity? Can I access water to ensure that I remain hydrated?

### **Post-Activity Checklist:**

- Have I carried out an appropriate cool down?
- Have I re-hydrated after ending my activity?
- Have I changed out of my practice clothes, if necessary?

If you answer no to any of the above, please assess your answer to see if you can rectify it, for example changing your clothing or adjusting the temperature or changing where you work. Ensure you can answer yes to all before beginning and after completing physical activity.