

CiRCOMEDIA

CENTRE FOR CONTEMPORARY CIRCUS AND PHYSICAL THEATRE

STUDENT HEALTH POLICY

Key Information

Owner	Head of Undergraduate Studies
Author	Sarah Pigott
Date agreed by SMT/Board:	20 th April 2023
Version	1.0
Date of last review	N/A
Date of next review	20 th April 2024
Changes to Document	-

This policy will be reviewed and ratified at least annually and/or following any updates to national and local legislation and/or guidance.

Key Information	1
Introduction	1
Health Assessment.....	2
Fit to sit	2
Injury Prevention	2
Injury Management	2
Mental Health	2
Nutrition.....	2
Physical Fitness	2
Monitoring and Reporting	2
GP	3
During your Training	3
Fitness Conditioning	3
Safety procedures	3
Insurance	3
Conclusion.....	3

Introduction

Circus and physical theatre are exciting and physically demanding disciplines that require strength, flexibility, coordination, and balance. As such, students pursuing a course in circus and physical theatre must be in excellent health to perform at their best and minimize the risk

of injuries. To promote the health and well-being of these students, the following health policy is applied.

Health Assessment

All students enrolled in the degree programme must undergo a comprehensive physiotherapy assessment before beginning their studies, to identify any underlying conditions that may affect their performance or pose a risk to their health during training.

Fit to sit

If you submit an assessment for marking, then you **are declaring that they are fit to do so**. If you submit an assessment or sit an exam, then you cannot later claim that your performance was affected by mitigating circumstances.

Injury Prevention

Injury prevention is a crucial component of any health policy for students pursuing degrees in circus and physical theatre. All students will receive training in proper technique, warm-up and cool-down exercises, and injury prevention strategies. Additionally, instructors will supervise students during training to ensure they are using proper form and technique to minimize the risk of injury.

Injury Management

Despite the best prevention efforts, injuries may still occur. As such, students must be educated on the proper management of injuries, including recognizing the signs and symptoms of common injuries, seeking prompt medical attention when necessary, and adhering to treatment plans recommended by healthcare providers.

Mental Health

Physical and mental health are closely linked, and students in the circus and physical theatre programme may face unique stressors and challenges that could impact their mental health. As such, students have access to mental health resources, such as counselling organisations /services, to promote their overall well-being.

Nutrition

Good nutrition is essential for optimal health and performance. Students will be educated on proper nutrition, including the importance of a balanced diet, staying hydrated, and maintaining a healthy weight.

Physical Fitness

Students must maintain a high level of physical fitness to meet the demands of their studies. Instructors will design training programmes that promote strength, flexibility, endurance, and balance, while taking into account each student's individual needs and abilities.

Monitoring and Reporting

Instructors, support staff and programme administrators will monitor students' health and well-being regularly and report any concerns to the support services. Additionally, students should be encouraged to report any health concerns to their instructors or programme administrators promptly.

GP

You **must** register with a GP providing NHS services as soon as possible after your arrival. We will ask for your doctor's details on the first day of the term. Please see our privacy policy at <https://www.circomedia.com/circomedia-privacy-policy/>

During your Training

If you injure yourself whilst on the course, you should see the Conditioning Tutor for advice. We hold the details of a preferred clinic for practitioners should you require one. You should check your Health Insurance provider as to what they require you to do before payment for any treatment.

Fitness Conditioning

Students wishing to do the aerial or acrobatics specialisations may, where necessary, be advised from the start of the course to follow specific, individual, exercise routines to ensure they have the correct muscular balance for these disciplines. These exercise routines must be adhered to. Students are only permitted to follow the acrobatic or aerial pathways if they have demonstrated a good understanding (via assessment) of the anatomy and physiology of the shoulder and pelvis and how they affect the stability of these skeletal groups. This decision will be final.

Safety procedures

Specific discipline safety procedures will be issued at induction and during classes as safety precautions are mandatory at all times.

Insurance

All first-year students (including BTEC, Three Month & One Year Vocational) must have health insurance to train with us. This will be explained in detail during induction. We do not administer any Health Insurance Scheme. We can offer advice on previous providers during induction but do not endorse specific providers

Conclusion

The health policy outlined above is designed to promote the health and well-being of students pursuing degrees in circus and physical theatre. By taking a comprehensive approach to health promotion, injury prevention, and injury management, students can achieve their full potential while minimizing the risk of injury and illness.