



# London Contemporary Dance School

## Physical Support Package

The dance courses at Contemporary Dance at London Contemporary Dance School are highly physical programmes. The physical support team promote safe dance practice and advice on physical conditioning which help dance students to develop their own understanding of physical self-management.

Despite this, from time to time dancers suffer injuries. London Contemporary Dance School offers a Physical Support Package that all students are required to purchase. \*

There is an annual fee of £40 payable on registration / re-registration at the start of each academic year. For this, all students will be able to access a range of physical support services, including:

- Pre participation screening with a subsequent individual tutorial to provide an injury prevention programme
- Injury treatment from our in-house Sports Therapists and Osteopath
- Exercise prescription for injury rehabilitation
- Strength and conditioning advice and programmes
- Diagnostic imaging when necessary

Additional referrals to specialist support services may be made in extreme situations when previous NHS treatment has been unsuccessful, for example (but not limited to):

- Referrals for dermatology consultations
- Referrals for gastroenterology consultations
- Referrals for gynaecology consultations
- Referrals for orthopaedic consultations
- Referrals for dietetic consultations
- Referrals to counsellors for psychiatric consultations
- Referrals to learning support for specific learning difficulty consultations

The Head of Physical Support will be responsible for managing referrals and recommendations when necessary.

This scheme is not an insurance policy. Any student who can provide evidence of medical insurance does not need to purchase this physical support package. They will be able to access all of the above support; however, they will need to use their insurance policy for any referrals incurring a fee. Please note, no student will be refused a referral on the grounds that they have not paid into the physical support scheme. However, unless there is clear evidence of financial hardship, the student will be required to pay a percentage of the cost of the specialist referral.

Payment should be made in cash, by credit or debit card or by cheque at the start of the academic year. Any student wishing to pay by bank transfer should contact student finance: [student-finance@theplace.org.uk](mailto:student-finance@theplace.org.uk)

\* Any person who has accepted an offer to join London Contemporary Dance School in 2019 and chooses to withdraw their offer as a result of this fee is entitled to claim a refund on their deposit.

Post Graduate Students on the Developing Artistic Practice (DAP) Pathway who are not engaged in studio-based practice of any sort may choose to opt out of the arrangement described above. This would apply, for example, to students who have elected to take modules that are entirely academic (Research Lab or Dissertation modules) or do not involve physical practice (such as Sound and Music Technology or Screendance). Please note that those who are engaged in physical practice of any kind, even if it represents a small proportion of their work, should take advantage of the support offered through this scheme.

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The Place is governed by  
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