

Injuries happen...

GDS has developed this injury protocol to support our dancers with safety and recovery in mind. It's important to get your dancer back to what they love with support for their mental and physical state. Our goal is to improve communication with families and our staff to ensure their safety and healing.

If your student's injury requires them to "sit out" of class, it will require a parent to complete the Injury Form. This will allow us to understand the severity of the injury and also communicate accurate details related to the injury to the GDS Instructors.

thank you



REPORT



M.D



Letter



1

INJURY OCCURS

If a dancer is injured and is unable to participate as usual, please have a parent visit our website and complete the Injury Report form.

2

IS A DOCTOR VISIT NEEDED?

If a doctor visit is needed, please be sure to communicate to GDS:

- when the visit will occur
- if there are any restrictions
- is there a plan of action. (For example, PT).

3

DOCTORS NOTE FOR CLEARANCE

If movement restrictions were prescribed, a doctors note will be needed to return to participating in class.