



The Iron-Clad Injury Policy Template

Instructions for the Studio Owner: *Copy the text below, paste it directly into your studio handbook or policies document, and update the bracketed information. Require all parents to sign an acknowledgment of this policy before competition season begins.*

[Your Studio Name] Injury & Return-to-Stage Policy

At [Your Studio Name], the long-term physical and mental health of our dancers is our absolute highest priority. To ensure the safety of our students and the integrity of our team routines, the following policies apply to any dancer recovering from an injury:

1. Medical Clearance vs. Performance Readiness We require a doctor's note or physical therapist's clearance for a dancer to return to the studio after a significant injury. However, medical clearance to resume normal daily activities does not automatically equal "performance readiness" for the extreme athletic demands of competitive dance.

2. The 3-Week Safety Window To be eligible to perform or compete, an injured dancer must present full medical clearance a minimum of **[3 weeks]** prior to the scheduled event. This time frame is non-negotiable. It is strictly required to allow the dancer to safely re-condition, rebuild their stamina, and safely execute the choreography without risking severe re-injury.

3. Modified Class Participation Once medically cleared, dancers will return to class on a modified, closely monitored basis. Our professional faculty will assess the dancer's strength, hesitation, and pain levels before allowing full-out execution of any routine.



4. The Faculty's Final Decision The final decision regarding a dancer's return to the stage rests entirely with the [Your Studio Name] directors and faculty. If our professional assessment is that a dancer is visibly hesitant, deconditioned, or at risk of harming themselves on stage, they will not be permitted to perform, regardless of a doctor's medical clearance. This is a strict safety protocol designed to protect your child.

5. Team Support & Participation If a dancer is unable to perform, they are still a highly valued member of our team! We encourage injured dancers to attend the event in their studio warm-ups to support their teammates, act as team captain for the day, and assist backstage.

Bonus Script: How to Enforce This Policy via Email *(Keep this script on hand for when a parent pushes back!)*

"Hi [Parent Name], we are so thrilled that [Dancer's Name] has been medically cleared to start rebuilding her strength! As outlined in our studio handbook's Injury Policy, she will now begin her [3-week] re-conditioning period in class. > Because our primary professional duty is her long-term safety, she will not be performing on stage this weekend. Plunging a dancer into a high-adrenaline routine before they have fully re-conditioned is a major risk for re-injury. However, we would love for her to attend in her studio jacket to sit with the team and help us cheer everyone on! Let me know if she will be joining us in the audience this weekend."



6. Competition Fees and Financial Responsibility Please understand that competition entry fees are paid directly to the event organizations months in advance. Because these third-party companies maintain strict "no-refund" policies, [Your Studio Name] cannot issue refunds or studio credits for missed performances due to injury. We appreciate your understanding that this is a third-party policy out of our

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