

POINTE PROGRAM SELECTION AND PARTICIPATION POLICY

1. PURPOSE

This policy outlines the guidelines and requirements for Rockit Performing Arts (RPA) Pointe Program, in accordance with the Children and Young People (Safety) Act 2017 (SA) and drawing from the standards set by the Royal Academy of Dance (RAD) and Cecchetti Ballet.

2. SCOPE

This policy applies to all students seeking placement in RPA's Pointe Program and the instructors responsible for training and assessment.

3. LEGAL FRAMEWORK

This policy complies with:

- 3.1 Children and Young People (Safety) Act 2017 (SA)
- 3.2 Work Health and Safety Act 2012 (SA)
- 3.3 Equal Opportunity Act 1984 (SA)

4. SELECTION CRITERIA

The selection process for the RPA Pointe Program shall be based on the following criteria:

4.1 Physical Facility:

- a) Ankle and foot strength
- b) Core and lower body strength
- c) Flexibility of the feet, ankles, and hips
- d) Proper alignment of the spine, hips, knees, and ankles

4.2 Technical Proficiency:

- a) Mastery of fundamental ballet techniques in soft shoes
- b) Ability to maintain turnout from the hips
- c) Proficiency in relevé and balance in demi-pointe

4.3 Safe Performance Capability:

- a) Demonstrated understanding of proper foot and ankle mechanics
- b) Ability to maintain correct posture and alignment during complex movements

4.4 Mental Preparedness:

- a) Focus and discipline during training

- b) Emotional resilience and stress management skills
- c) Commitment to consistent practice and gradual progression

5. SELECTION PROCESS

5.1 Initial Assessment:

- a) Students must be at least 12 years old and have a minimum of 3 years of consistent ballet training.
- b) A comprehensive physical assessment conducted by a qualified ballet instructor.
- c) Evaluation of ballet technique through a series of exercises.

5.2 Physiotherapist Pointe Readiness Assessment

Prior to commencing pointe work, each student must undergo a comprehensive assessment by a qualified physiotherapist specialising in dance medicine. This assessment will evaluate the student's physical readiness for pointe work and must include:

- a) Detailed examination of relevé strength and control, including:
 - Single leg relevé endurance
 - Stability and control in demi-pointe and full pointe positions
 - Assessment of intrinsic foot muscle strength
- b) Thorough evaluation of ankle and foot flexibility, including:
 - Ankle dorsiflexion and plantarflexion range of motion
 - Metatarsal and toe flexibility
 - Assessment of hypermobility or joint laxity
- c) Comprehensive analysis of overall body alignment and core strength, including:
 - Postural assessment in standing and relevé positions
 - Core stability and strength testing
 - Hip and knee alignment during relevé and landing
- d) Additional assessments of:
 - Turnout range and strength
 - Balance and proprioception
 - Any pre-existing injuries or anatomical variations that may impact pointe work

The physiotherapist must provide a detailed written report of their findings, including any recommendations or contraindications for pointe work. This report must be submitted to the Director of Rockit Performing Arts for review and record-keeping purposes.

Additionally, a copy of this report must be presented to the designated pointe shoe fitter to ensure proper fitting and selection of pointe shoes based on the student's individual anatomical and biomechanical needs.

5.3 Instructor Recommendation:

The final decision for pointe work readiness will be made by the head ballet instructor, considering all aspects of the student's development. The Director reserves the right to delay or deny a student's progression to pointe work based on the physiotherapist's assessment and recommendations, in accordance with the Work Health and Safety Act 2012 (SA) and the duty of care principles outlined in the Civil Liability Act 1936 (SA).

Rockit only accepts pointe shoe assessments from the following physiotherapists:

Vital Core Physiotherapy

433 Magill Rd, St Morris
8331 0552
reception@vitalcore.com.au

My Little Physio Family

www.mylittlephysiofamily.com.au
121 Unley Road, Unley
0451 767 278

PURCHASE OF POINTE SHOES:

Rockit Performing Arts will only accept pointe shoes purchased through Dance FX. They employ the most qualified pointe shoe fitters who will ensure that students are placed in shoes that are individually tailored to fit their feet.

6. TRAINING PROGRAM

6.1 Pre-Pointe Preparation:

- a) Mandatory pre-pointe conditioning classes for at least 6 months before starting pointe work.
- b) Focus on strengthening exercises for feet, ankles, and core.

6.2 Introduction to Pointe:

- a) Gradual introduction to pointe shoes, starting with 15-minute sessions.
- b) Emphasis on proper fitting and care of pointe shoes.

6.3 Progression:

- a) Slow, methodical progression of pointe exercises.
- b) Regular assessments to ensure safe advancement.

7. SAFETY CONSIDERATIONS

7.1 All pointe classes will maintain a student-to-teacher ratio of no more than 15:1.

7.2 Students must warm up properly before each pointe session.

7.3 Any pain or discomfort must be reported immediately to the instructor.

8. PARENTAL INVOLVEMENT

8.1 Parents/guardians must provide written consent for their child to participate in the Pointe Program.

8.2 Parents will be educated on the demands and risks associated with pointe work.

9. ONGOING ASSESSMENT

9.1 Students will undergo regular assessments to ensure they are maintaining the necessary strength and technique for safe pointe work.

9.2 Any student deemed unsafe to continue pointe work may be required to return to pre-pointe conditioning classes.

10. EXTERNAL POINTE STUDY POLICY

10.1 Rockit Performing Arts strongly advises against students pursuing pointe work outside of the RPA Pointe Program.

10.2 Should students choose to study pointe work externally, RPA hereby states: Rockit Performing Arts cannot assume responsibility for any injuries incurred during pointe work studied or practiced outside of our official Pointe Program. Students engaging in external pointe training do so at their own risk, and any resulting injuries or complications may affect their participation in RPA's Pointe Program.

10.3 Rockit Performing Arts' insurance coverage and liability are strictly limited to activities conducted within our own premises and under our direct supervision. Students who choose to pursue pointe work or any other dance training at external studios or facilities do so at their own risk. RPA cannot extend its insurance coverage or assume any responsibility for injuries, accidents, or other incidents that may occur during training sessions, performances, or related activities at other dance establishments. It is the responsibility of students and their guardians to ensure they have appropriate personal insurance coverage for any external dance activities. RPA strongly recommends that students engaging in pointe work or advanced dance

techniques do so exclusively under our supervised programs to ensure consistent training methods and safety protocols."

11. POLICY REVIEW

11.1 This policy shall be reviewed annually to ensure compliance with current best practices in ballet education and child safety regulations.

By implementing this policy, RPA aims to ensure the safety, proper development, and optimal progression of all students participating in pointe work, in full compliance with South Australian legal requirements and international ballet standards.

Created by: Noni Vassos, Director / Founder, Rockit Performing Arts
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