



Student Physical Injury Reporting and Return from Injury Procedure

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A. Introduction

1. The Arts Educational Schools (ArtsEd) is committed to ensuring that students are provided with effective and appropriate support during their studies. We understand that:
 - i. this includes ensuring that students are physically fit to engage in all areas of their training;
 - ii. decisions around whether a student is sufficiently physically fit to engage in all areas of their study should be made by a licensed health professional and where appropriate, in conjunction with the relevant member of staff;
 - iii. it is important students are able to fully recover from an injury before returning to full training.
2. The Student Physical Injury Reporting and Return from Injury Procedure applies to all foundation, undergraduate and postgraduate programmes at ArtsEd. It sets out our approach to providing effective and appropriate physical injury support during a student's time at ArtsEd.
3. This policy should be read in conjunction with Appendix B (Return from Injury Protocols) and with the following documents, which can be found on the [Policies page of our website](#):
 - i. Support for Study Policy
 - ii. Attendance Policy
 - iii. Health & Safety Policy
 - iv. Safeguarding Policy

B. Procedure for managing physical injury reporting

4. ArtsEd staff and students will complete the following procedure (Appendix 1):
 - i. a student reports that they have an injury to the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach), or their Head of Dance / Head of Movement or Course Leader;
 - ii. Head of Dance, Head of Movement or Course Leader reports injury to Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) if needed;
 - iii. the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach), Head of Dance, Head of Movement or Course Leader places the student on rest for the relevant areas of training if required;
 - iv. the student is referred to a physiotherapist where possible, or seeks advice from the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach);
 - v. a recovery plan is created by the physiotherapist and Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach).
5. Injuries that occur on ArtsEd property or during an ArtsEd event, must be reported according to the reporting procedure outlined in the Health & Safety Policy.

C. Return from injury procedure

6. As part of the recovery plan, a student may be placed on the Return from Injury Protocol for support throughout their injury, to ensure full recovery and a safe return to full activity.
7. The Return from Injury Protocol is managed by the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) in collaboration with school or external physiotherapists and includes the following:
 - i. Phase 1 – full dance or movement class rest and daily/regular gym sessions to maintain strength ahead of partial return to active classes;
 - ii. Phase 2 – modifications in dance or movement classes and daily/regular gym sessions to introduce and test more complex movements and high impact training before returning to these activities in classes;
 - iii. Phase 3 – some modifications in dance or movement classes and 2-3 gym sessions per week to facilitate student's full and safe return to all classes;
 - iv. Sign-off – Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) and school physiotherapist sign student off for full activity in all classes and advice given on maintenance exercises.

D. Further support available for students with physical injuries

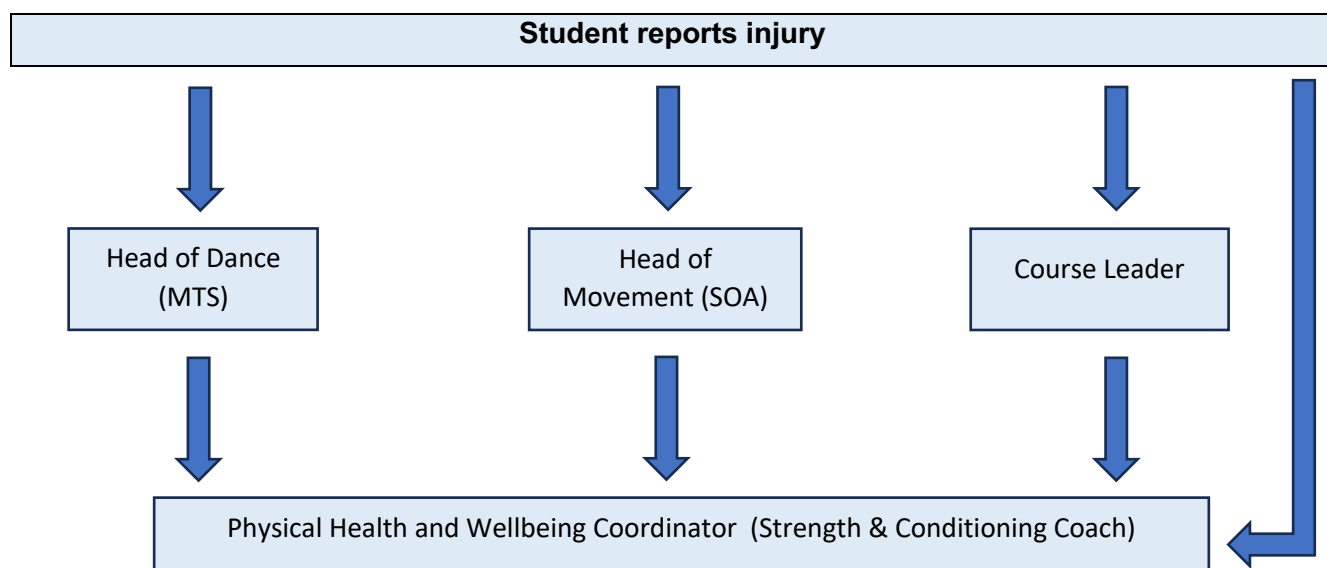
8. Students may seek advice from the **Physical Health & Wellbeing Coordinator (Strength & Conditioning Coach)** about physical wellbeing, including exercise, nutrition and physiotherapy.
9. In addition, guidance and support is available to our students as follows:
 - i. Students may contact their **Personal Tutor, Head of Year or Course Leader** if they wish to discuss any concerns.

- ii. Students may also wish to contact the **Student Support team** on studentsupport@artsed.co.uk for an informal conversation or to discuss the wide range of services we offer.
- iii. The **Student Counselling Service** offers a confidential space for students to discuss and seek advice on their psychological wellbeing. This includes:
 - a. Short term 1-2-1 counselling which can help students work on immediate problems;
 - b. Assistance with developing healthy coping techniques;
 - c. Support with gaining understanding of underlying issues; and
 - d. Assistance with developing a longerterm treatment plan, if necessary.

Students can book a session with our Counselling Service via the counselling referral form on the [Wellbeing pages of our website](#) or emailing counselling@artsed.co.uk.

- iv. The **Support for Study** procedure provides a structured way to assess what support a student may need to engage fully with their course and complete it successfully wherever possible. It also allows us to consider what we can do to help if a student's health or behaviour is having an impact on other people. On occasion, we may not be able to offer the support that is needed for a student to continue with their course. In this case, the student may request an **interruption of studies**, or we may decide, after careful consideration, that the student is required to take an interruption.

Appendix 1: Injury reporting flow chart



Appendix 2: Return from Injury Protocols

Return from Injury Protocol – School of Musical Theatre

Who is this for?

For any students that need to be on full or partial dance rest due to injury for an elongated period longer than 1 week.

Why is it necessary?

For injured students, having a robust protocol that includes early intervention, rehabilitation strategies and a phased return to physical activity will offer the best opportunity to address the injury cause, enable safe and successful return to activity, and minimise the risk of reinjury in the short and long term. The option for students to have gym-based rehabilitation sessions during dance classes will help them to retain and develop strength ahead of returning to dance and support their self-efficacy and mindset whilst injured.

This protocol will provide clearer guidelines for staff and students as to what to expect from each stage of the students' injury recovery. It will also provide extra support to students who are unable to participate in physical activity, aiding a healthy mindset and approach to recovery.

How will it be implemented?

A 360-degree approach will be used to support the student in the return to physical activity period. This will include the following;

- Initial diagnosis from the physiotherapist and subsequent sessions as needed (if the student has the means to pay for appointments – NIDMS NHS dance injury clinic or BAPAM a possible option for students who cannot afford school physio)
- Daily/frequent gym sessions with the Physical Health and Wellbeing Coordinator (Strength & Conditioning coach) to support physio treatment and keep the student strong and mobile for their phased return to physical activity (to take place during dance classes whilst on full dance rest to help support physical and mental health)
- Weekly 1:1 injury check-in with the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) to track rehab journey and support mental health and general wellbeing whilst on dance rest. With students' consent, this can also act as data collection and analysis to identify any trends or injury patterns throughout the academic year
- Regular communication between Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach), Physiotherapist, student support team members involved and Head of Dance/Years to update on student status and progress

The return from injury protocol will comprise of three main phases. Please see below for details and example guidelines.

RFI Phase	<u>Dance participation and expectations</u>	<u>Gym work</u>
Phase 1	Full dance rest	Daily S&C sessions in gym during dance classes to keep student physically active and strong (and aid mindset around injury) <i>e.g Non-weightbearing exercises and introduction of weightbearing and strengthening on advice from physiotherapist</i>
Phase 2	Partial dance rest / modifications – able to slowly reintroduce some (or all) styles of dance on advice from physiotherapist. <i>Eg. No jumping/high impact/complex travelling work</i> <i>Specific modifications will be advised per student's injury</i>	Daily S&C sessions in gym. To take place outside of dance where possible or during part of classes where there are multiple sessions over a week <i>e.g. Progression of weightbearing. Introduction of load bearing and landing/jumping on advice from physiotherapist</i>
Phase 3	Partial dance rest / modifications – student doing most of classes but has advice on content: <i>Eg. for lower limb injuries phasing in returning to jumping.</i> <i>Start with small jumps and work up to bigger and more complex jumping & travelling work</i> <i>Specific modifications will be advised per student's injury</i>	S&C sessions in the gym 3-5 times per week outside of class where possible or at the end of classes during jumping/travelling exercises <i>e.g. Build on high impact jumping work and get student confident with bigger jumps in gym ahead of full return to dance</i>
Sign off ***	Cleared for full participation in all dance classes by Physiotherapist and/or Physical Health and Wellbeing Coordinator	Physical Health and Wellbeing Coordinator (S&C Coach) to give student advice on exercises and warm up for protective prehab work as part of sign off

***The duration of each phase will be determined by the physiotherapist in discussion with the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) and the Head of Dance. This will be assessed on a case-by-case basis. The injury's severity will also determine at which phase the student starts the return from injury protocol. Eg. More severe injuries may need to start at phase 1 and less severe at phase 2 or 3.**

**** During phases 2 & 3, gym sessions will aim to be scheduled outside of dance classes where possible. However, some sessions may need to take place during dance classes due to the schedule and availability of the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach). Gym sessions will aim to be during the first or last half of classes, so the student does not miss the whole duration of the dance class where possible.**

*****Students will need to be signed off by Physiotherapist or Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) before returning to specific activities, if they have suffered an injury requiring them to start at Phase 1 of the protocol (total rest from dance).**

Return from Injury Protocol – School of Acting

Who is this for?

For any students that need to be on full or partial movement rest due to injury for an elongated period longer than 1 week.

Why is it necessary?

For injured students, having a robust protocol that includes early intervention, rehabilitation strategies and a phased return to physical activity will offer the best opportunity to address the injury cause, enable safe and successful return to activity, and minimise the risk of reinjury in the short and long term. The option for students to have gym-based rehabilitation sessions during movement classes will help them to retain and develop strength ahead of returning to physical activity and support their self-efficacy and mindset whilst injured.

This protocol will provide clearer guidelines for staff and students as to what to expect from each stage of the students' injury recovery. It will also provide extra support to students who are unable to participate in physical activity, aiding a healthy mindset and approach to recovery.

How will it be implemented?

A 360-degree approach will be used to support the student in the return to physical activity period. This will include some or all of the following;

- Initial diagnosis from the physiotherapist and subsequent sessions as needed (if the student has the means to pay for appointments and it is cleared by their Head of Year – NIDMS NHS dance injury clinic or BAPAM a possible option for students who cannot afford school physio, diagnosis from an external medical professional also an option)
- Daily/frequent gym sessions with the Physical Health and Wellbeing Coordinator (Strength & Conditioning coach) to support physio treatment and keep the student strong and mobile for their phased return to physical activity (to take place during movement classes whilst on full physical activity rest to help support physical and mental health)
- Weekly 1:1 injury check-in with the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) to track rehab journey and support mental health and general wellbeing whilst on rest from physical activity. With students' consent, this can also act as data collection and analysis to identify any trends or injury patterns throughout the academic year
- Regular communication between Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach), Physiotherapist, student support team members involved and Head of Movement/Year to update on student status and progress

The return from injury protocol will comprise of three main phases. Please see below for details and example guidelines.

<u>RFI Phase</u>	<u>Movement participation and expectations</u>	<u>Gym work</u>
<u>Phase 1</u>	Full movement rest	Daily S&C sessions in gym during movement classes to keep student physically active and strong (and aid mindset around injury) <i>e.g Non-weightbearing exercises and introduction of weightbearing and strengthening on advice from physiotherapist</i>
<u>Phase 2</u>	Partial movement rest / modifications – able to slowly reintroduce some (or all) styles of movement on advice from physiotherapist. <i>Eg. No jumping/high impact</i> <i>Specific modifications will be advised per student's injury</i>	Daily S&C sessions in gym. To take place outside of movement classes where possible or during part of classes where there are multiple sessions over a week <i>e.g. Progression of weightbearing. Introduction of load bearing and landing/jumping on advice from physiotherapist</i>
<u>Phase 3</u>	Partial movement rest / modifications – student doing most of classes but has advice on content: <i>Specific modifications will be advised per student's injury</i>	S&C sessions in the gym 3-5 times per week outside of movement classes where possible or during more intense / physical part of classes <i>e.g. Build on high impact jumping work and get student confident with bigger jumps in gym ahead of full return to movement</i>
<u>Sign off ***</u>	Cleared for full participation in all movement classes by Physiotherapist and/or Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach)	Physical Health and Wellbeing Coordinator (S&C Coach) to give student advice on exercises and warm up for protective prehab work as part of sign off

***The duration of each phase will be determined by the physiotherapist in discussion with the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) and the Head of Movement. This will be assessed on a case-by-case basis. The injury's severity will also determine at which phase the student starts the return from injury protocol. Eg. more severe injuries may need to start at phase 1 and less severe at phase 2 or 3.**

**** During phases 2 & 3, gym sessions will aim to be scheduled outside of movement classes where possible. However, some sessions may need to take place during movement classes due to the schedule and availability of the Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach). Gym sessions will aim to be during the first or last half of classes, so the student does not miss the whole duration of the movement class where possible.**

*****Students will need to be signed off by Physiotherapist or Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach) before returning to specific activities, if they have suffered an injury requiring them to start at Phase 1 of the protocol (total rest from movement).**

Version Control	
Document Title	Student Physical Injury and Return from Injury Procedure
Maintained By	Physical Health and Wellbeing Coordinator (Strength & Conditioning Coach)
Owned By	Registrar
Approving Committee / Ratifying Body	HE Committee
Last Reviewed	January 2025 (major amendments): • Amended policy title from 'Physical Injury Reporting and Recovery Procedure' to 'Physical Injury Reporting and Return from Injury Procedure' • Revised reporting procedures to • Revised return from injury procedures to align with the school protocols outlined in Appendix 2. • Addition of Appendix 1: Injury reporting flow chart • Addition of Appendix 2: Return from Injury Protocol • Formatting and structural edits • Updated staff job titles
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