



**PHOENIX**  
ACRODANCE ACADEMY



WE TRAIN THE NEXT GENERATION OF ACROBATIC DANCERS

# *PADA*

# *STANDARDS*

Season 2025/26 – *Update 1.1*

**PADA maintains a structured approach and upholds standards to promote consistency, integrity, and fairness across our community.**

**These standards clearly outline what is expected from everyone, fostering an equitable environment. When we uphold these principles together, we nurture mutual respect, trust, and shared responsibility, empowering every member to support the academy's success.**

*Effective from 1st January 2026*

*Phoenix AcroDance Academy*

# Uniform Clothing Requirements

All newly registered students at PADA are required to place an order for the PADA uniform within one month of their registration.

Please refer to the upper body and lower body sections below for guidance on appropriate attire for classes.

**Upper Body** – PADA Branded Uniform is required. New students should wear plain black until their PADA uniform arrives.

*Students are expected to wear one of the 4 following approved garments for all classes: **Crop Top, Sleeveless Leotard, Fitted Vest, or Fitted T-Shirt.***

*Hoodies, jumpers, onesies, or long sleeve tops are not permitted during class sessions. Additionally, any hoodies, jackets, or other tops that are not PADA branded—including CHANCE2DANCE apparel—are not acceptable attire at PADA.*

**Lower Body** – Students may choose to wear either the PADA Branded Uniform or their own plain black shorts or leggings (without patterns, other colours, or branded logos). Joggers and dance trousers are not permitted for classes.

**The waistband on leggings and shorts should sit just below the belly button and should not be placed any higher or lower.**

*Shorts or leggings are optional with a leotard; students may also wear just a leotard on its own. If shorts or leggings are worn with a leotard, they should be placed over the leotard.*

**Arriving & Departing PADA** – All students are expected to arrive at PADA in full uniform with correct hair requirements.

*If the weather is cold, students may wear a plain black hoodie, jacket, or joggers over their uniform if they do not have these in PADA-branding. The only exception, regardless of colour or brand, is coats.*

**Underwear** – At no time should any type of underwear be visible while in uniform.

**Students are expected to attend class wearing suitable footwear, such as trainers, which may be needed during lessons. Crocs or sliders can be worn to PADA, but students should also bring trainers, PE pumps, or jazz shoes in their bag in case these are required during class for safety or wellbeing purposes.**

*Students are not permitted to wear flip flops, sandals, heellies, boots, or any other footwear deemed unsuitable for physical activity or fitness.*

**All students are required to participate in classes barefoot, unless required otherwise.**

*Jazz shoes or foot thongs are optional for dance segments within our Acrobatic Arts Classes held on Mondays, Fridays, and Saturdays, or they may be required for performances for the PADA Performing Team.*

**Respecting PADA as an organisation.**

**Students & parents are not permitted to wear uniforms or clothing from other dance schools, gymnastics clubs, theatre schools, their educational school uniform, or cheerleading organisations at PADA. This policy also extends to any items such as clothing, bags, water bottles, or accessories that display another institution's logo or branding. We kindly request that PADA is treated with the utmost respect as both a business and an acrobatic dance school.**

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## Hair

**Hair should be kept neat, tidy, and securely fastened at all times.**

*This requirement must be fulfilled prior to students' arrival at PADA.*

Long hair is to be tied back and securely styled in a **low bun** for all classes as pictured, regardless of gender. Hair bobbles or grips permitted in only black, blonde or purple.

**Hair is required to remain clear of the eyes and face at all times.**

*Students may use hair bobbles, bobby pins, and clips to secure loose hair. Fringes should be held back and secured during classes.*

*Hair beads, bows, headbands, or other hair accessories are not allowed, as they pose safety risks during PADA activities.*



**PADA will never require or suggest that students remove, shave, or cover any body hair, including armpit, leg, facial, arms, or any other body hair.**

*Body hair preference is regarded as a personal choice for students and will be respected without judgment. All students are expected to maintain good personal hygiene, such as washing regularly and using deodorant or roll-on products.*

## Jewellery & Body Wear

**Jewellery of any kind is not permitted for students at PADA.**

*This restriction applies to, but is not limited to: earrings, bracelets, rings, anklets, necklaces, all types of watches, wristbands, and any form of body piercing jewellery.*

**Long nails, false nails, or acrylic nails of any type are strictly prohibited at PADA.**

*This policy is in place due to safety concerns associated with the activities conducted at PADA, as such nails pose a significant risk of injury to both the individual and others.*

**Make-Up** is not permitted at PADA under any circumstances; **this does include nail varnish**. Natural look make-up may only be worn during performances attended by PADA, unless explicitly authorised otherwise.

*These guidelines are intended to encourage students to develop self-confidence and promote body positivity, fostering an environment where individuals feel comfortable with themselves and others without reliance on cosmetics. Make-up is considered a luxury rather than a necessity.*

*Furthermore, face paint is not allowed in class.*

**Spray Tan** and all forms of **Fake Tan** are not permitted at PADA for any classes or events.

*This policy is in place to encourage students' self-confidence and body acceptance. Additionally, such products may stain mats, uniforms, and costumes, and some students may have allergies to these substances.*

Any form of **inappropriate pen markings or language** on the skin is strictly prohibited.

*Classes at PADA include students aged 6 and above; exposure to inappropriate markings or wording is not permitted under any circumstances.*

**These requirements are intended for safety, discipline during classes, and adherence to uniform standards.**

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## Mobile Phones

**PADA is a Phone Free Zone for Students.**

Students are required to place their mobile phones in the **Phone Box** located by the teachers' table in the studio. Phones should be turned off or set to silent mode.

*Phones may not be stored in bags or coat pockets; all devices must be placed in the phone box. Mobile phone use at PADA is only permitted with special permission from a teacher for specific reasons.*

PADA encourages students to maintain an active lifestyle and refrain from engaging in screen-based activities, such as games or social media, while on PADA premises.

If parents wish to contact their child who possesses a mobile phone, all communication should be directed to the PADA Phone rather than the student's personal device. Should a student need to speak with a parent, staff will facilitate this by using the PADA Phone, allowing the student to converse with their parent while ensuring staff are informed of the outcome of the discussion.

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## Car Parking & Entering PADA

**Entry to PADA classes is not permitted after being 5 minutes late. There is an expectation for all students to arrive at least 2 minutes before the class start time.**

*Agreements for late entry may be arranged based on specific circumstances and class, with advance notice required. However, late entry is not guaranteed.*

**From Monday to Thursday before 5:30pm:**

Individuals dropping off students for classes beginning at 5pm are requested to use the **Overflow Car Park** across the road, as the Main Car Park is reserved for school staff use before 5:30pm. Please vacate the car park after drop-off.

**From Monday to Thursday after 5:30pm, and for all classes on Fridays and Saturdays:**

The Main Car Park Gates will open 10 minutes prior to class start or finish times and will close 10 minutes after.

*This schedule is maintained for school security and safeguarding purposes.*

**All vehicles are required to be parked in the designated parking bays within the main car park.**  
**For safety reasons, parking or stopping on the ramp or by the gate for drop-off or pick-up is strictly prohibited.**

#### **Car Park During Daylight:**

Students under 13 years of age are required to be accompanied by a responsible adult (aged 18 or older) when entering or walking in the car park. The responsible adult is responsible for dropping off and collecting students at the entry door, and must ensure that students are not left unattended. Handover to PADA Staff at entry time is required.

#### **Car Park During Darkness:**

All students, including those aged 13 or older, must be escorted through the car park during hours of darkness for safety reasons. PADA staff must be respected if they enforce this policy for everyone's safety.

**Dogs are not permitted on school premises, including the car park, with the exception of certified guide dogs.**

*This policy is established by Bellfield Junior School and is expected to be observed by all individuals.*

**Smoking or vaping on school premises, including the car park, is prohibited by law.**

*This regulation is established under UK legislation and applies to all individuals. The prohibition extends to smoking or vaping within vehicles while on school property.*

*All adults are expected to model appropriate behaviour, supporting efforts to discourage students from smoking or vaping, thereby promoting and protecting their long-term health.*

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## Reminders For Students

**Students are expected to collaborate with all peers at PADA and demonstrate respect towards everyone.**

- Each student is expected to bring **two yoga blocks** to every class to use during warm-up exercises and throughout the classes.
- Please ensure you bring a **full bottle of water** to every class.  
*Only water is permitted at PADA in order to support student nutrition during activities.*
- *Massage balls* are optional and may be brought at students' discretion.
- For those attending the Hand Balancing Class or PADA Performing Team Sessions may optionally bring **hand balancing canes** unless required.
- Students are expected to review the **PADA Student Expectations** prior to arriving at PADA.
- Participation in the **full body warm-up** is mandatory for each class.  
*Students must arrive on time to all sessions.*
- **Girls' sanitary products** are provided by PADA and can be found in the main gender-neutral restroom, inside the black bag marked with the PADA logo.
- Students are not allowed to bring **Toys & Teddies** to PADA, except as approved dance props with prior teacher permission.
- Students with **Asthma** who require an **inhaler** should bring it to class in a bag along with a spacer, ensuring it is easily accessible if needed. Students are expected to inform a PADA Staff Member if they use their inhaler.  
**Parents are required to complete a medical form.**
- Students diagnosed with **Type 1 Diabetes** who utilise a **Dexcom** device should place their phone, equipped with the **Dexcom App**, on the teacher's desk rather than in the designated phone box. All medical equipment must be stored in a small bag kept with the student's belongings. Any necessary sugary drinks (e.g., Lucozade) or snacks should remain easily accessible in the student's bag for immediate use if required.  
**Parents are required to complete a medical form. If a NHS care plan exists for the student, please provide PADA with a copy as part of their medical records. The Principal Teacher, Rob, is trained and certified in paediatric Type 1 Diabetes and the use of Dexcom devices.**
- At PADA, all students are required to remain together as one group in the middle of the room during breaks or while waiting for the instructor. Smaller, exclusive groups are not permitted, and no individual should be excluded from the main group. **We believe in fostering a unified team environment at PADA.**

Students who would like assistance, are experiencing concerns, anxiety, or mental health challenges, are encouraged to speak with a PADA Staff Member. PADA staff are trained to support students with these matters. *Please be assured that PADA Staff are available to assist and support all students. Providing clear and accurate information about concerns will enable staff to offer the most appropriate support.*

#### **PADA's Certified First Aiders:**

##### **Principal Teacher – Rob**

Paediatric First Aid with additional certifications in asthma, paediatric type 1 diabetes (including Dexcom), epilepsy, EpiPen administration, and anaphylaxis.

##### **Teacher – Vanessa**

Immediate Life Support First Aid

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## Student Homework

All students are required to complete homework practice at least 4 days a week as part of their compulsory training at PADA.

Students are required to submit the homework sheet along with their homework folder at their **first class of each month**.

*It is the responsibility of each student to collect, maintain, complete, and return their homework in a timely manner.*

**Each student will maintain a homework folder containing the following items:**

- Homework Stamp Chart
- Homework Sheet
- Homework Expectations List
- Checklist attached to the front of the folder

#### **Benefits of PADA Homework:**

- **Consistency** in training is supported.
  - Enhances overall **flexibility and strength**, contributing to a reduced risk of injury.
  - **Commitment**: Students who demonstrate dedication to homework have shown substantial progress in developing skills in class.
  - Encourages students to learn **responsibility**: They are expected to receive, complete, care for, and return homework sheets on time and in good condition, fostering independence from parental assistance.
  - Promotes **self-motivation** and develops a **positive mindset** toward personal growth.
  - Supports maintaining a **healthy and active lifestyle**.
  - Helps **decrease screen time** spent on electronic devices such as phones, tablets, computers, and game consoles.
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## Policies

Policies are available on our website's [Policies Page](#).

General copies of the PADA Performing Team Agreement are also provided there.

It is essential that all individuals are familiar with the 'Parents & Carers Code of Conduct' and the 'Students Code of Conduct' policies. These guidelines are designed to support parents, students and staff, ensuring that any issues which may arise are managed constructively and resolved in a peaceful manner. PADA staff are entitled to carry out their duties without fear of abuse, intimidation, or threats from any individual.

Please feel free to read, download & print any of the policies.

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## Attendance Policy

**Every student registered for a class is expected to attend that class every week during the PADA Term Time.**

If students are unable to attend a class, it is important to notify PADA of their absence by email any time prior to the scheduled start time on the day in question, this includes the PADA Performing Team sessions.

*This advance notice enables classes to begin promptly and ensures that warm-up activities commence once all students have arrived.*

For PADA Performing Team Sessions, parents need to submit a PADA Performing Team Absence Request Form online at least 14 days before the session for approval. Refer to the PADA Performing Team Agreement & Conditions for further information.

*The Performing Team Absence Request is solely for approval purposes and does not serve as a notification of absence.*

**Entry to PADA classes is not permitted after being 5 minutes late. There is an expectation for all students to arrive at least 2 minutes before the class start time.**

*Agreements for late entry may be arranged based on specific circumstances and class, with advance notice required. However, late entry is not guaranteed.*

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## Communications

**All official correspondence with PADA is by email.**

**PADA's Email Address: [admin@phoenixacrodance.com](mailto:admin@phoenixacrodance.com)**

The PADA Phone is designated exclusively for emergency situations or instances where staff must promptly reach a parent or carer. The device remains powered on solely during class hours and is switched off outside of those times.

Parents or carers are expected to maintain effective communication with PADA, which should be conducted via email.

*As our staff have commitments outside of PADA, we kindly request that you refrain from discussing important matters with them before or after class verbally, as these conversations may not be remembered. Please ensure all communications are via email.*

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## Changing Rooms & Gender Identity

**PADA is committed to welcoming individuals of all genders.**

At PADA and at any events we attend, students are required to use the changing room that correspond to their biological gender. Students who identify as a different gender or as non-binary must also use the changing room designated to their biological gender.

*This policy is implemented to ensure the safety of all parties and to prevent any potential allegations or discrimination from either side.*

We welcome students who identify as a different gender and wish to wear the uniform or performance costumes corresponding to that gender.

The primary restroom facility at PADA is a single, gender-neutral restroom that is also accessible for individuals with disabilities. PADA also offers separate restrooms for biological females and biological males, which can be used when many students need restroom access at once. Certain locations might provide only restrooms that are gender neutral.

**We have used guidance from the Equality and Human Rights Commission (EHRC) clarify that for the purposes of the Equality Act 2010.**

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## Class Requirements & Recommendations

Monday's	
Acrobatic Arts	Body Flexibility, Stability & Mobility + Contortion Arts
<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Massage balls are recommended for body recovery. For the dance technique portion of the class, students may wear foot thongs or split sole jazz shoes; however, bare feet are required for the majority of the session.</p>	<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>It is required that all students wear shorts, except for those who prefer to wear a sleeveless leotard on its own.</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Resistance Bands</li> <li>• Looped Stretch Resistance Bands</li> <li>• Mini Looped Stretch Bands</li> <li>• Foam Roller</li> <li>• Stretch Straps / Yoga Belt</li> </ul> <p>Bringing massage balls is recommended, as they will be beneficial during class. Please ensure you also bring a pair of socks; ankle socks are acceptable provided they fully cover the foot.</p>

Tuesday's		
Hand Balancing	Limbering & Tumbling	Advanced Acrobatic Arts
<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Hand Balancing Pedestal Canes</li> </ul> <p>Students are encouraged to bring their own Hand Balancing Pedestal Canes, as PADA has only three sets available for those who do not possess their own equipment.</p>	<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Massage balls are recommended for students to support hand and foot recovery exercises.</p>	<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Shorts with a crop top, or leotard (recommended), due to high-intensity activities</li> </ul>

Thursday's	
Aerial Arts (Ages 6-11)	Aerial Arts (Ages 12+)
<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Wearing Leggings</li> </ul> <p>Leggings may be worn but are not mandatory. Students who wear shorts can use large socks with the ends removed over their knees to help prevent friction burns.</p>	<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Wearing Leggings</li> </ul> <p>Leggings may be worn but are not mandatory. Students who wear shorts can use large socks with the ends removed over their knees to help prevent friction burns.</p>

## Friday's

Acrobatic Arts	PADA Performing Team
<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Massage balls are recommended for body recovery. For the dance technique portion of the class, students may wear foot thongs or split sole jazz shoes; however, bare feet are required for the majority of the session.</p>	<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> <li>• <b>Hand Balancing Canes (if part of the Hand Balancing Class)</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Jazz shoes or foot thongs may be needed for students participating in specific dances. Hand balancing canes are required for students whose routines include the use of canes.</p>

## Saturday's

Acrobatic Arts	Body Conditioning & Wellbeing	PADA Performing Team
<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Massage balls are recommended for body recovery. For the dance technique portion of the class, students may wear foot thongs or split sole jazz shoes; however, bare feet are required for the majority of the session.</p>	<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Resistance Bands</li> <li>• Looped Stretch Resistance Bands</li> <li>• Mini Looped Stretch Bands</li> <li>• Foam Roller</li> <li>• Stretch Straps / Yoga Belt</li> </ul> <p>Appropriate footwear such as trainers or jazz shoes may be required. Massage balls are recommended to support effective body recovery.</p>	<b>Requirement:</b> <ul style="list-style-type: none"> <li>• <b>Bottle of Water</b></li> <li>• <b>2 Yoga Blocks</b></li> <li>• <b>Hand Balancing Canes (if part of the Tuesday Hand Balancing Class)</b></li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Massage Balls</li> <li>• Jazz Shoes or Foot Thongs</li> </ul> <p>Jazz shoes or foot thongs may be needed for students participating in specific dances. Hand balancing canes are required for students whose routines include the use of canes.</p>