



PHOENIX
ACRODANCE ACADEMY



WE TRAIN THE NEXT GENERATION OF ACROBATIC DANCERS

PADA

STANDARDS

Season 2026/27 – Version 2.0

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 July 2026

Phoenix AcroDance Academy

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1. Uniform Requirements

1.1 Mandatory Uniform Purchase

All newly registered students of PADA shall place an order for the official PADA uniform within one (1) calendar month of their date of registration.

Pending delivery of the uniform, students shall attend classes in plain black attire.

1.2 Upper Body Attire

All students attending regular classes shall wear official PADA-branded upper body garments.

Students who have not yet received their uniform, and those attending workshops only, shall wear plain black upper body attire.

Permitted garments are limited to the following:

- Crop Top
- Sleeveless Leotard
- Fitted Vest
- Fitted T-Shirt

All garments must be fitted and appropriate for physical activity.

1.3 Lower Body Attire

Students may wear either:

- Official PADA-branded lower body garments; or
- Plain black shorts or leggings; and
- Sit appropriately at the waist, just below the navel.

All non-branded shorts or leggings must:

- Be free from patterns, logos, or other colours

Where a leotard is worn:

- Shorts or leggings are optional;
- If worn, they must be worn over the leotard.

1.4 Arrival and Departure Requirements

Students shall arrive at and depart from PADA premises in full compliance with uniform and hair requirements.

In cold weather, students may wear:

Plain black hoodies, jackets, or joggers over their uniform, where PADA-branded alternatives are unavailable.

Coats may be worn regardless of brand or colour.

1.5 Underwear

At no time shall underwear be visible while in uniform.

1.6 Footwear Requirements

Students shall attend PADA wearing appropriate footwear suitable for physical activity, including trainers where necessary.

Permitted (non-activity footwear):

- Crocs
- Sliders

However, students must bring suitable footwear (e.g., trainers, PE pumps, or jazz shoes) to all classes.

The following footwear is strictly prohibited:

- Flip flops
- Sandals
- Heelys
- Boots
- Any footwear deemed unsuitable for physical activity

1.7 Barefoot Participation

Unless otherwise instructed, all students shall participate in classes barefoot.

Jazz shoes or foot thongs may be:

- Optional for designated dance segments; or
- Mandatory for specific performances or specific classes, as directed by PADA.

1.8 Brand and Representation Standards

Students and parents must not wear or display any clothing, accessories, or equipment bearing the branding or logos of other:

- Dance schools
- Gymnastics clubs
- Performing arts organisations
- Educational institutions
- Cheerleading organisations

This prohibition extends to, but is not limited to:

- Bags
- Water bottles
- Accessories

All members shall respect PADA as a professional organisation and maintain exclusive representation while on its premises.

2. Hair Requirements

2.1 General Hair Standards

Hair shall be:

- Neat, tidy, and securely fastened; and
- Prepared prior to arrival at PADA.

Long hair must be styled into a **low bun** for all classes, regardless of gender.

Permitted hair accessories are limited to:

- Hair ties (bobbles)
- Bobby pins or grips
- Colours permitted: black, blonde, or purple only



2.2 Visibility and Safety

Hair must be kept clear of the face and eyes at all times.

Where necessary:

- Fringes must be pinned back;
- Loose hair must be secured.

Hair accessories such as:

- Beads
- Bows
- Headbands
- Decorative items

are strictly prohibited due to safety risks.

If styling products are used, hair must be fully dry prior to attendance.

2.3 Personal Autonomy and Hygiene

PADA will not require or suggest the removal, shaving, or covering of any body hair.

This includes, but not limited to:

- Armpits
- Legs
- Facial
- Arms
- Any other areas on the body

Body hair is recognised as a matter of personal preference and shall be respected without judgment.

All students are required to maintain appropriate personal hygiene standards.

3. Jewellery and Body Presentation

3.1 Prohibition of Jewellery

The wearing of jewellery is strictly prohibited during all PADA activities.

This includes, but is not limited to:

- Earrings
- Necklaces
- Bracelets
- Rings
- Anklets
- Watches
- Wristbands
- Body piercing jewellery

3.2 Nail Requirements

Long nails, false nails, and acrylic nails are strictly prohibited.

This requirement is imposed for health and safety reasons due to the risk of injury.

3.3 Make-Up Policy

The use of make-up is not permitted during classes under any circumstances.

This prohibition includes:

- Nail varnish
- Face paint

Natural look make-up may only be worn during performances, unless otherwise authorised.

This policy is intended to promote:

- Body confidence
- Body positivity
- A focus on performance rather than appearance

3.4 Artificial Tanning

The use of spray tan or any form of artificial tanning product is strictly prohibited at all PADA classes and events.

This measure is implemented to:

- Promote self-confidence and body acceptance;
- Prevent damage or staining to equipment and uniforms;
- Reduce potential allergic reactions among students.

3.5 Skin Pen Markings

Any inappropriate pen markings, drawings, or language displayed on the skin are strictly prohibited.

This policy is enforced due to the mixed-age environment and safeguarding considerations.

3.6 Purpose of Policy

All requirements set out in this policy are established to ensure:

- Student safety;
- Discipline and professionalism;
- Consistent adherence to PADA uniform and behavioural standards.

4. Students' Mobile Phones

4.1 Phone-Free Environment

PADA operates a strict phone-free environment for all students at all times while on the premises.

4.2 Storage and Use of Devices

All students in possession of a mobile phone or electronic device shall place such devices in the designated **Phone Box**, located by the teacher's table within the studio, immediately upon arrival.

All devices must be:

- Powered off; or
- Set to silent mode.

Use of mobile phones or personal electronic devices is strictly prohibited during PADA sessions unless expressly authorised by a member of staff for specific and valid reasons.

PADA promotes active participation and discourages engagement in screen-based activities, including but not limited to social media use or gaming, while on its premises.

4.3 Parent Communication Protocol

Parents or guardians wishing to contact their child during session times must do so via the official PADA contact phone and not through the student's personal device.

Where a student needs to communicate with a parent or guardian:

- A member of staff shall facilitate the communication using the PADA phone; and
- Staff shall remain informed of the outcome for safeguarding purposes.

5. Car Parking and Site Access

5.1 Punctuality and Entry Restrictions

Students arriving more than five (5) minutes after the scheduled class start time shall not be permitted entry.

All students are expected to arrive a minimum of two (2) minutes prior to the commencement of class.

Exceptions for late entry may, at the sole discretion of PADA, be arranged in advance. Such arrangements are not guaranteed.

5.2 Parking Prior to 17:30 (Monday to Thursday)

For classes commencing at 17:00, all drop-offs must utilise the **Overflow Car Park** located opposite the premises.

The Main Car Park is reserved for school staff use prior to 17:30 and must not be used.

All vehicles must vacate the overflow car park promptly following drop-off.

5.3 Parking After 17:30 and Weekend Access

From Monday to Thursday after 17:30, and for all sessions held on Fridays and Saturdays:

- Main Car Park gates shall open ten (10) minutes prior to scheduled class start or finish times;
- Gates shall close ten (10) minutes thereafter.

These measures are implemented for security and safeguarding purposes and must be adhered to at all times.

5.4 Parking Conduct

All vehicles must be parked strictly within designated parking bays.

Parking, stopping, or waiting:

- On access ramps; or
- In proximity to entrance gates

is strictly prohibited due to safety risks.

5.5 Supervision in Daylight Hours

Students under the age of thirteen (13) must be accompanied by a responsible adult (aged eighteen (18) or over) when entering, exiting, or moving within the car park.

The responsible adult shall:

- Escort the student to the entry door;
- Remain present until the student has been handed over to PADA staff; and
- Ensure the student is not left unattended at any time.

5.6 Supervision During Hours of Darkness

During hours of darkness, all students, including those aged thirteen (13) and above, must be escorted by a responsible adult when moving through the car park.

All individuals are required to comply with staff instructions enforcing this policy.

5.7 Animals on Premises

Dogs and other animals are not permitted on school premises, including the car park, with the sole exception of certified assistance or guide dogs.

This requirement is mandated by Bellfield Primary School and must be strictly observed.

5.8 Smoking and Vaping Prohibition

Smoking and vaping are strictly prohibited on all school premises, including within the car park and inside vehicles within the car park.

This prohibition is established under applicable UK legislation and applies to all individuals on site.

All adults are expected to model appropriate behaviour and support the promotion of a healthy, smoke-free environment for students.

6. General Class Reminders and Medical

6.1 Conduct and Behaviour

All students shall:

- Collaborate positively with peers; and
- Demonstrate respect, inclusivity, and appropriate conduct towards all individuals at PADA at all times.

6.2 Required Equipment – Yoga Blocks

Each student shall bring **two (2) yoga blocks** to every class for use during warm-up exercises and throughout sessions.

6.3 Hydration Requirements

All students must attend each class with a **full water bottle**. Only water is permitted on PADA premises in order to support appropriate student nutrition and wellbeing during physical activity.

6.4 Optional Equipment – Massage Balls

Students may, at their discretion, bring massage balls for personal use during sessions.

6.5 Specialist Equipment – Hand Balancing

Students attending:

- Hand Balancing Classes; or
- PADA Performing Team sessions

may bring **hand balancing canes**, unless otherwise required or instructed by PADA.

6.6 Student Expectations Acknowledgement

All students are required to review and understand the **PADA Student Expectations** prior to attending classes.

6.7 Mandatory Warm-Up and Punctuality

Participation in the whole class **full body warm-up** is compulsory for all students. Students must arrive on time to all sessions in order to participate fully and safely.

6.8 Sanitary Provision

Girls' sanitary products are provided by PADA and are available in the main gender-neutral restroom, located within the designated PADA-branded bag.

6.9 Prohibited Personal Items

Students are not permitted to bring:

- Toys;
- Teddies; or
- Similar personal items

unless expressly approved in advance as part of a class or performance prop.

6.10 Medical Requirement – Asthma

Students diagnosed with asthma who require an inhaler must:

- Bring their inhaler and spacer to each session;
- Keep such items accessible within their bag; and
- Inform a member of staff immediately upon use.

Parents or guardians are required to complete a **medical information form**.

6.11 Medical Requirement – Type 1 Diabetes

Students diagnosed with **Type 1 Diabetes**, including those using a **Dexcom device**, must comply with the following:

- Devices connected to monitoring applications may be placed on the teacher's desk rather than in the phone box;
- All medical equipment must be stored safely within a small, accessible bag, when not in use;
- Necessary emergency items (e.g., sugary drinks or snacks) must be readily available.

6.11.1 Medical Documentation

Parents or guardians must:

- Complete a medical information form; and
- Provide a copy of any NHS care plan where applicable.

PADA confirms that the Principal Teacher (Rob) holds relevant training and certification in paediatric Type 1 Diabetes management, including Dexcom systems.

6.12 Group Conduct During Sessions

During breaks and periods of waiting:

- All students must remain together as a single group within the designated area;
- The formation of exclusive or isolating sub-groups is not permitted.

PADA is committed to maintaining a unified, inclusive team environment.

6.13 Student Welfare and Support

Students experiencing:

- Concerns;
- Anxiety; or
- Mental health challenges

are encouraged to speak with a member of PADA staff.

Staff are trained to provide appropriate support and assistance, and students or parents are encouraged to communicate openly to enable effective support.

6.14 First Aid Provision

PADA maintains trained and certified first aid personnel on site, including:

- **Principal Teacher – Rob**

Certified in Paediatric First Aid, with additional training in:

- Asthma
- Type 1 Diabetes (including Dexcom)
- Epilepsy
- EpiPen administration
- Anaphylaxis

- **Teacher – Vanessa**

Certified in Immediate Life Support First Aid

7. Student Homework

7.1 Mandatory Homework Requirement

All students are required to complete assigned homework practice on a minimum of four (4) days per week as part of their compulsory training at PADA.

7.2 Submission and Responsibility

Students shall submit their completed homework sheet together with their homework folder at their **first class of each calendar month**, unless specified otherwise.

Each student is solely responsible for:

- Collecting their homework materials;
- Maintaining their condition;
- Completing all assigned work; and
- Returning materials in a timely and organised manner.

7.3 Homework Folder Requirements

Each student shall maintain a homework folder containing, at a minimum, the following items:

- Homework Stamp Chart
- Homework Sheet
- Homework Expectations List
- A checklist affixed to the front of the folder

All materials must be kept in good condition and presented upon request.

7.4 Purpose and Benefits of Homework

The PADA homework programme is designed to support student development and shall provide the following benefits:

- **Consistency in Training:** Reinforces regular practice and skill retention
- **Physical Development:** Improves flexibility, strength, and reduces risk of injury
- **Commitment:** Encourages dedication and measurable progress in class performance
- **Responsibility:** Develops organisational skills and independent learning habits
- **Self-Motivation:** Promotes a positive mindset towards personal growth and improvement
- **Healthy Lifestyle:** Encourages ongoing physical activity outside of class
- **Reduced Screen Time:** Supports a balanced lifestyle by limiting reliance on electronic devices

8. Policies and Governance

8.1 Policy Availability

All PADA policies are accessible via the official PADA website on the designated **Policies Page**.

8.2 Performing Team Standards

Standards applicable to members of the **PADA Performing Team** are published separately within the Performing Team Members section of the website and must be adhered to in conjunction with this policy.

8.3 Codes of Conduct

All parents, carers, and students are required to familiarise themselves with and adhere to the following policies:

- **Parents & Carers Code of Conduct;** and
- **Students Code of Conduct.**

These policies are established to:

- Promote a respectful, safe, and supportive environment; and
- Ensure that any concerns or disputes are addressed constructively and resolved appropriately.

PADA staff shall be permitted to carry out their professional duties without exposure to:

- Abuse;
- Intimidation; or
- Threatening behaviour of any kind.

8.4 Policy Awareness and Compliance

All parents and carers are strongly encouraged to review PADA's full suite of policies, including but not limited to:

- Safeguarding & Child Protection Policy
- Fees & Payments Policy
- Membership Policies
- Health & Safety Policy
- Anti-Bullying Policy
- Attendance & Communication Policy
- Hypersexuality Prevention Policy

Compliance with all applicable policies is expected as a condition of participation in PADA activities.

9. Changing Facilities and Gender Identity

9.1 Inclusive Commitment

PADA is committed to providing a welcoming, respectful, and inclusive environment for individuals of all genders.

9.2 Use of Changing Facilities

At PADA premises and at any events attended by PADA, students shall use the changing facilities designated for their **biological gender**.

This requirement applies to all students, including those who may identify as a different gender or as non-binary.

This provision is implemented for the purpose of:

- Safeguarding all individuals; and
- Minimising the risk of misunderstanding, allegations, or discrimination.

9.3 Uniform and Costume Expression

Notwithstanding Section 9.2, students who identify as a different gender are permitted to wear:

- Uniform; and/or
- Performance costumes

aligned with their gender identity, subject to suitability and approval requirements where applicable.

9.4 Restroom Facilities

PADA provides:

- A primary **single-use, gender-neutral restroom**, which is fully accessible; and
- Additional restrooms designated for biological females and biological males, available where required for capacity purposes.

At external venues or events, facilities may vary and may include gender-neutral provisions only.

9.5 Legal Framework and Guidance

This policy has been developed with reference to guidance issued by the **Equality and Human Rights Commission (EHRC)** in relation to the application of the **Equality Act 2010**.

PADA will continue to review and update its practices to ensure compliance with current legislation, safeguarding standards, and best practice guidance.

10. Class Requirements & Recommendations

Monday's	
Acrobatic Arts	Body Flexibility, Stability & Mobility + Contortion Arts
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt <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>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • It is required that all students wear shorts, except for those who prefer to wear a sleeveless leotard on its own. • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Resistance Bands • Looped Stretch Resistance Bands • Mini Looped Stretch Bands • Foam Roller • Stretch Straps / Yoga Belt <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 Arts	Limbering & Tumbling Arts	Advanced Acrobatic Arts
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks • A Pair of Socks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Hand Balancing Pedestal Canes • Yoga Belt <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>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt <p>Massage balls are recommended for students to support hand and foot recovery exercises.</p>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Shorts with a crop top, or leotard (recommended), due to high-intensity activities • Yoga Belt

Thursday's	
Aerial Arts (Ages 6-11)	Aerial Arts (Ages 12+)
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Wearing Leggings <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>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Wearing Leggings <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

Friday's	
Acrobatic Arts	PADA Performing Team
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt <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>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks • Hand Balancing Canes (if part of the Hand Balancing Class) <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs <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

Saturday's		
Acrobatic Arts	Body Conditioning & Wellbeing	PADA Performing Team
<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs • Yoga Belt <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>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Resistance Bands • Looped Stretch Resistance Bands • Mini Looped Stretch Bands • Foam Roller • Stretch Straps / Yoga Belt <p>Appropriate footwear such as trainers or jazz shoes may be required. Massage balls are recommended to support effective body recovery.</p>	<p>Requirement:</p> <ul style="list-style-type: none"> • Bottle of Water • 2 Yoga Blocks • Hand Balancing Canes (if part of the Tuesday Hand Balancing Class) <p>Optional:</p> <ul style="list-style-type: none"> • Massage Balls • Jazz Shoes or Foot Thongs <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>