

SAFETY REGULATIONS

for DanceSport

The logo consists of the letters 'D', 'S', and 'Q' in a large, blue, serif font. The 'D' and 'S' are connected, and the 'Q' has a long, sweeping tail that extends to the right.

DanseSport
Québec

ADOPTION OF BYLAWS

The bylaws are in force from the date of their adoption.

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NOTICE TO MEMBERS

The following articles are taken from the Sports Safety Act (R.L.R.Q., c.S-3.1) and apply to these regulations.

Decision	29.	<p>A sports Federation or unaffiliated sports body, after rendering a decision in accordance with its safety regulations, shall transmit a copy thereof, by registered mail, to the person affected by the decision within 10 days following the decision and inform the person that an application for a review by the Minister may be filed within 30 days of receiving copy of the decision.</p> <hr/> <p>1979, c. 86, s. 29; 1988, c. 26, s. 12; 1997, c. 43, s. 675; 1997, c. 79, s. 13; I.N. 2016-01-01 (NCCP).</p>
Ordinance	29.1	<p>The Minister may order a member of a sports Federation or unaffiliated sports body to observe the safety regulations of the Federation or body where the Federation or body fails to enforce them..</p> <hr/> <p>1988, c. 26, a. 13; 1997, c. 79, a. 14.</p>
Offense and punishment	60.	<p>Every person who refuses to obey an order of the Minister, of the board or of a person to whom the Minister or the board has delegated powers, is guilty of an offence and is liable to a fine of \$200 to \$10,000. Every member of a sports Federation or unaffiliated sports body who refuses to obey an order of the Minister issued under section 29.1 is guilty of an offence and is liable to a fine of \$100 to \$5,000.</p> <hr/> <p>1979, c. 86, a. 60; 1990, c. 4, a. 810; 1997, c. 79, a. 38. 1988, c. 26, a. 23; 1992, c. 61, a. 555.</p>
Offense and punishment	61.	<p>In addition to any other sanction that may be prescribed in the statutes or by-laws of a sports Federation or unaffiliated sports body whose safety regulations have been approved by the Minister, every person who does not comply with a decision rendered by that Federation or body in the application of that regulation is guilty of an offence and is liable to a fine of \$50 to \$500.</p> <hr/> <p>1979, c. 86, a. 61; 1997, c. 79, a. 40. 1990, c. 4, a. 809 ;</p>
Laws and regulations		<p>Although not specific to these safety regulations, at all times, it is recommended to respect all applicable laws and regulations when practicing dance.</p>

ABBREVIATIONS

The following abbreviations are used in these regulations to denote:

DSQ

DanseSport Québec

CDS

Canada DanceSport

WDSF

World DanceSport Fédération

SECTION 1 – THE FACILITIES

1. Surface area according to the dancesport discipline:
 - a. International: the surface must be made of smooth wood.
 - b. Street dance: the surface must be either made of wood or other smooth materials.
 - c. Performing arts (ballet, contemporary, jazz...): A sprung floor or a dance mat.In all cases the surface must be free of obstacles.
2. The minimum ceiling height of the room must be 2.5 m.
3. The training room must be well lit. In the event of a power cut, athletes must immediately cease all activities in the room.
4. Emergency access and exits from the training room must be unlocked and free from obstructions at all times.

SECTION 2 – THE EQUIPMENT

5. A sound system is required for all dance disciplines.
6. Footwear: dancers must wear the appropriate footwear for their dance style.
 - a. International DanceSport:
 - i. Dance shoes for standard or Latin.
 - ii. Girls up to 15 years old at bronze level or under must wear shoes with a maximum heel height of 5 cm.
 - b. Street dance (Breaking): sneakers.
 - c. Performing arts dance: ballet shoes, pointe shoes, or barefoot.
7. Performing arts dance
 - a. Ballet barre (handrail)
 - i. Stationary wall-mounted barre
 - ii. Mobile/detachable ballet barre:

A very solid structure, made of steel, to guarantee stability and avoid vibrations. Check that the feet are sufficiently weighted down with a heavy weight, which will prevent the barre from tilting when the dancers lean on it.

SECTION 3 – SECURITY AND COMMUNICATION EQUIPMENT

8. It is important to have trained first aiders always present at the training site, regardless of the size of the studio, school, academy or organization.
9. There must be an accessible phone near the training room, and emergency numbers must be posted near it.
10. An evacuation plan and emergency procedures must be identified, written, and posted near the phone.
11. A first aid kit containing at least the equipment described in Annex I must be available near the training room.

SECTION 1 – TRAINING

There are no entry requirements when a participant starts dancing, however, to move to the next level they must have completed the previous level.

12. International DanceSport

- Beginner
- Pre-Bronze
- Bronze
- Silver block 1
- Silver block 2
- Gold
- Pre-Championship
- Championship

13. Street dance (Breaking)

- Juvenile (6–9 years)
- Juvenile (10–13 years)
- Intermediate (14–18 years)
- Elite (16+ years)

14. Performing arts dance

- Novice: 1 to 2 years of experience
- Pre-competition: 3 to 4 years of experience
- Competition: 5 to 6 years of experience
- Elite: 6+ years of experience

SECTION 2 – PRACTICE

15. The number of hours of practice varies according to age and dance discipline.

- a. International DanceSport – age group for all levels. The number of practice hours is less if the participant is at a pre-competition stage

Juvenile I (9 years or less)	60 minutes 2 times a week
Juvenile II (10 to 11 years)	60 minutes 2 times a week
Junior I (12 to 13 years)	60 minutes 2 times a week
Junior II (14 to 15 years)	60 minutes 2 times a week
Youth (16 to 18 years)	90 minutes 4 times a week
Adult (19+ years)	90 minutes 4 times a week

Senior I (35+ years)	90 minutes 4 times a week
Senior II (45+ years)	90 minutes 4 times a week
Senior III (55+ years)	90 minutes 4 times a week
Senior IV (65+ years)	90 minutes 4 times a week

b. Street dance (Breaking)

Youth (6–9 years)	45 minutes 2 to 3 times a week
Youth (10–13 years)	45 minutes 3 to 5 times a week
Intermediate (14–18 years)	60 minutes 3 to 5 times a week
Elite (16+ years)	90 to 120 minutes 5 times a week

c. Performing arts dance

Mini (8 years or less)	60 minutes 2 times a week
Junior (9 to 12 years)	60 minutes 2 times a week
Intermediate (13 to 15 years)	60 minutes 4 times a week
Senior (16 to 19 years)	90 minutes 4 times a week
Senior + (20 to 29 years)	90 minutes 4 times a week
Adult (30+ years)	90 minutes 4 times a week

17. Participant to coach ratio

- a. When coaching children from 6 to 11 years old, it is recommended to have 1 coach for a maximum of 15 participants in all dance disciplines.
- b. When coaching children from 4 to 5 years old, it is recommended to have 1 coach for a maximum of 10 participants in all dance disciplines.

SECTION 3 – PRACTICE SESSION SCHEDULE

18. International DanceSport

- a. Pre-competition
 - 10 minutes warm-up
 - 45 to 60 minutes class workout
 - 10 minutes stretching
- b. Competition
 - 15 minutes warm-up
 - 90 minutes practice
 - 20 minutes stretching

19. Street dance – Breaking

- 15 to 20 minutes warm-up
- 45 to 120 minutes practice
- 15 to 40 minutes stretching

Performing arts dance

- 15 to 40 minutes warm-up at the barre
- 45 to 60 minutes practice
- 15 minutes stretching

During the practice session, the participant must:

- 20. stop practicing as soon as they feel that their health is preventing them from dancing or working out at their normal level – especially if they have symptoms of concussion, or symptoms that may have harmful consequences on their physical integrity;
- 21. not consume or be under the influence of alcohol, drugs or doping substances;
- 22. undergo a medical examination by their coach after an accident.

SECTION 4 –SAFETY RULES TO BE RESPECTED

- 23. Avoid having too many participants in the practice area at the same time.
- 24. As soon as a participant stops practicing, they must get off the floor quickly.
- 25. Do not cross the practice area.

SECTION 1 – TRAINING

The chairman of the jury, the penalizing judge, the judges, and the scorekeeper must be certified and recognized by one of the following organizations: DSQ, CDS or WDSF. Judges must be certified for the level(s) they are responsible for judging.

SECTION 2 – MEMBERSHIP

All athletes and officials participating in a competition endorsed by the Fédération must be a valid member of DSQ or an affiliated body of CDS or WDSF.

Coaches must be members of a recognized national association other than the CDS. To teach any activities relating to the “So... SHALL WE DANCE?” program, all instructors and coaches must be members of DSQ.

SECTION 3 – CATEGORIES

27. International DanceSport: for all age groups

LEVEL	NUMBER OF DANCES	STANDARD		LATIN	
		Dances	Figures	Dances	Figures
BEGINNER	TWO DANCES	WALTZ QUICK STEP	1 to 6 1 to 5	CHA CHA JIVE	1 to 5 1 to 6
PRE-BRONZE	THREE DANCES	WALTZ TANGO QUICK STEP	1 to 9 1 to 9 1 to 13	CHA CHA RUMBA JIVE	1 to 9 1 to 9 1 to 8
BRONZE	FOUR DANCES	WALTZ TANGO FOX TROT QUICK STEP	1 to 16 1 to 13 1 to 8 1 to 20	CHA CHA RUMBA SAMBA JIVE	1 to 15 1 to 16 1 to 16 1 to 14
SILVER block 1	THREE DANCES	WALTZ FOX TROT QUICK STEP	1 to 25 1 to 19 1 to 26	CHA CHA RUMBA SAMBA	1 to 23 1 to 21 1 to 23
SILVER block 2	TWO DANCES	VIENNESE W. TANGO	1 to 4 1 to 20	PASO DOBLE JIVE	1 to 24 1 to 20
GOLD	FOUR DANCES	WALTZ TANGO FOX TROT QUICK STEP	1 to 32 1 to 27 1 to 25 1 to 31	CHA CHA RUMBA SAMBA PASO DOBLE	1 to 29 1 to 26 1 to 31 1 to 30
PRE-CHAMPIONSHIP	FOUR DANCES	WALTZ TANGO FOX TROT QUICK STEP	NO RESTRICTIONS	CHA CHA RUMBA SAMBA JIVE	WITH RESTRICTIONS (SEE LIST OF RESTRICTIONS)
CHAMPIONSHIP	FIVE DANCES	WALTZ TANGO VIENNESE W. FOX TROT QUICK STEP	NO RESTRICTIONS	SAMBA CHA CHA RUMBA PASO DOBLE JIVE	WITH RESTRICTIONS (SEE LIST OF RESTRICTIONS)

28. Street dance (Breaking):

Strictly speaking, break dancing does not have its own classification of steps as freestyle is an integral part of the development of the athlete according to their age and level. However, precise movements and techniques form the basis of this discipline.

29. Performing arts dance: There are two basic syllabuses that work by grade and age.

- a. Cecchetti method
- b. Vaganova method

In competitions, except for ballet, the figures are adapted according to the variations of the dance style.

- a. Contemporary
- b. Lyrical
- c. Jazz
- d. Ballet

For age categories and levels, see Chapter 2, Sections 1 and 2.

SECTION 4 – RESPONSIBILITIES

30. **Participants must:**

- a. stop practicing as soon as they feel that their health is preventing them from dancing or working out at their normal level – especially if they have symptoms of concussion, or symptoms that may have harmful consequences on their physical integrity;
- b. not consume or be under the influence of alcohol, drugs or doping substances;
- c. undergo a medical examination by their coach after an accident;
- d. register at the competition level determined by their level and age.

29. Organizer:

Must respect and understand the safety regulations.

SECTION 1 – TRAINING

30. Coach

- a. The coach with the appropriate training for the sector in which he/she works is the person in charge of a group of athletes.
- b. The minimum age for becoming a coach is sixteen (16) years old.
- c. They must be a member of DanseSport Québec.
- d. In keeping with the current training process, a coach may have the following statuses: Training, Trained or Certified.
- e. A coach must have the level of training that corresponds to their level of involvement in accordance with the discipline in which they are engaged.

i. International DanceSport:

Certification	Level
Associate	Beginner to gold
Licentiate	Beginner and above
Fellowship	Beginner and above

ii. Street dance (Breaking)

Coaches are currently chosen based on their experience and reputation in Breaking.

iii. Performing arts dance

Certification	Level
Associate * (ACC-CICB)	Pre-Apprentice
Provisional member	Apprentice
Associate Diploma * (ADCC-CICB)	Grade 1, 2, 3 and 4
Active member	
Licentiate (LCC-CICB) *	Grade 5 and 6 Intermediate
	Advanced Intermediate 1 and 2
	Advanced 1 and 2
Fellow (FCC-CICB) **	Grade 5 and 6 Intermediate
	Advanced Intermediate 1 and 2
	Advanced 1 and 2

31. The instructor

- a. An instructor is an individual aged 16 and over to whom the coach assigns a specific task during the workout practice and who manages the group of athletes.

- b. An instructor must be under the supervision of a certified coach in accordance with the level of dance practiced.

32. Chairman of the jury and judges: All these individuals must have qualifications recognized by the DSC. (See Chapter 5)

SECTION 2 – RESPONSIBILITIES

33. Coaches:

- a. Respect and enforce all the rules of DanseSport Québec.
- b. See that all practice sessions run smoothly.
- c. Ensure that practice sites are always safe.
- d. Respect the athlete's progress in their performance of the movements.
- e. Inform athletes about the various safety instructions they must follow when practicing, competing, and at events.
- f. Be prepared to respond quickly and appropriately in emergency situations.
- g. Ensure that an injured athlete receives appropriate care as soon as possible.
- h. Know the evacuation procedure for the practice venues.

34. Chairman of the jury:

- a. Ensures that all aspects of the competition are managed according to DSQ sporting regulations.
- b. Manages the penalizing judge, judges, and scorekeeper.
- c. Manages the tempo and duration of each dance, ensures the permitted figures for each level and style of dance are complied with, and supervises the conduct of couples towards other couples or any competitor towards others.
- d. Verifies the marks after each round and is responsible for their accuracy.

35. Judges:

- a. The behaviour of an official on or off the dance floor must be consistent with the principles of fair play. An official must not behave in a questionable or inappropriate manner in public or during any function or activity linked with dancesport where members of the public (competitors, spectators, and media) are present.
- b. An official must be objective and neutral in their decisions. Biased judgments undermine the fundamental principles of a competition.
- c. An official is allowed to judge the couples they coach or have coached in the past; the official must not allow this relationship to influence their judgment.
- d. In cases where judging responsibilities have been assigned to an official for a competition, regardless of the status of the competition, the official must not under any circumstances consume alcohol or any other substance that may alter their decisions.

CHAPTER 5: THE TRAINING AND RESPONSIBILITIES OF THOSE ENTRUSTED WITH ENFORCING THE RULES OF THE GAME AND SAFETY REGULATIONS, INCLUDING RESPONSIBILITIES FOR PREVENTING DISCOURTEOUS BEHAVIOUR

SECTION 1 – TRAINING AND RESPONSIBILITIES OF OFFICIALS/REFEREES/JUDGES

36. The chairman of the jury, the penalizing judge, the judges, and the scorekeeper must:

- a. Be recognized by one of the following bodies: DSQ, CDS or WDSF.
- b. Judges must be certified for the level(s) they are responsible for judging.
 - i. International DanceSport

Certification	Level
Associate	Beginner to gold
Licentiate	Beginner and above
Fellowship	Beginner and above national level

- ii. Performing arts dance

Certification	Level
Associate * (ACC-CICB) Provisional member	Pre-Apprentice Apprentice
Associate Diploma * (ADCC-CICB) Active member	Grades 1, 2, 3 and 4
Licentiate (LCC-CICB) *	Grades 5 and 6 Intermediate
	Advanced Intermediate 1 and 2
	Advanced 1 and 2
Fellow (FCC-CICB) **	Grades 5 and 6 Intermediate
	Advanced Intermediate 1 and 2
	Advanced 1 and 2

- c. Be acquainted with the Policy on Safety and Physical or Psychological Integrity as described in Chapter 10.

37. The chairman of the jury:

- a. ensures that all aspects of the competition are managed according to DSQ, CDS and WDSF sporting regulations;
- b. manages the penalizing judge, judges, and scorekeeper;
- c. manages the tempo and duration of each dance, ensures the permitted figures for each level and style of dance are complied with, and supervises the conduct of couples towards other couples or any competitor towards others;
- d. verifies the marks after each round and is responsible for their accuracy.

39. Judges:

- a. A judge must know his duties and responsibilities according to the rules of CDS.

SECTION 2 – TRAINING AND RESPONSIBILITIES OF EVENT ORGANIZERS

40. Confirm they know the Safety Regulations.

41. During a competition endorsed by the Fédération, an Organizer must ensure order and discipline is maintained among the various parties involved as well as the spectators, and respectively advise them of the safety standards that concern them.

42. Recruit all the supervisory staff needed to ensure the event runs smoothly, including: a chairman of the jury, the judges, and the scorekeeper for a competition.

SECTION 3 – THE SAFETY OF ALL PARTICIPANTS (INCLUDING SPECTATORS, IF APPLICABLE)

43. Spectators

- a. Must stand at least one foot away from the outer dance floor perimeter.
- b. Must not obstruct the entry and exit of participants to and from the competition area.
- c. Encourage all participants in a civilized manner.

44. Participants – Competitors

- a. Are responsible for familiarizing themselves with DSQ's safety standards.

CHAPTER 6: THE ORGANIZATION AND PROCEDURE OF A SPORTING EVENT, COMPETITION OR SHOW

SECTION 1 – ORGANIZATION

45. Organizer

- a. Must be an individual of at least 18 years old, a group of persons each at least 18 years old or an incorporated organization.
- b. Must be affiliated with DanseSport Québec.
- c. Must apply for an endorsement from DanseSport Québec. Note: Link will be added to the website.

46. Responsibilities

- a. Must have liability insurance covering all paid persons or volunteers who are involved in the event. This insurance must be for at least two million dollars.
- b. Must recruit all the supervisory staff needed for the event to run smoothly, including: a chairman of the jury, the judges and the scorekeeper for the competition.
- c. Must ensure that all participants are members of the Fédération or an affiliated body of CDS or WDSF.

SECTION 2 – PROCEDURE

43. During a competition endorsed by the Fédération, an Organizer must ensure order and discipline is maintained among the various parties involved as well as the spectators, and respectively advise them of the safety standards that concern them.

47. Ensure that no alcohol, drugs, or doping substances are consumed in the areas reserved for participants, officials and spectators.

SECTION 3 – SAFETY

48. Ensure the security services and equipment are on hand and available.
49. Make sure that the premises, facilities, and equipment comply with the standards governing the premises, facilities and equipment specified in Chapter 1 of this Regulation. The Organizer must inspect these before the start of the competition and correct any deficiencies or irregularities.
50. Know where the phone nearest to the event room is and have a list of phone numbers in case of an emergency.
51. Know the conditions for initiating the emergency plan, the procedures for evacuating the premises and the provision of assistance according to the various emergency situations that may arise.
52. After the event, the Organizer must notify DSQ of any accidents within 24 hours.

CHAPTER 7: PREMISES WHERE A SPORTING EVENT, COMPETITION OR SHOW ARE HELD

SECTION 1 – THE SPORTS FACILITIES REQUIRED

53. Surface according to the DanceSport discipline:

- a. International: The surface must be wooden and smooth. The dance floor must be a minimum of 60 ft by 35 ft (18.5 m x 11 m).
- b. Street dance: The surface must be made of wood or other smooth materials.
- c. Performing arts dance (ballet, contemporary, jazz...): The surface must be a sprung floor or a dance floor.

Surfaces must be free of any obstacles for all disciplines.

54. The minimum ceiling height of the room must be 2.5 m.

55. The competition must be held in a ventilated and well-lit area.

56. In the event of a power cut, all activity inside the room must cease immediately.

57. Emergency entries and exits in and out of the room must be unlocked and clear of all obstacles at all times.

58. There must be suitable and separate dressing rooms for men and women.

SECTION 2 – PROCEDURE AND SUPERVISION

The DSQ representative must inspect the facilities and equipment before the competition to ensure the physical safety of the participants won't be compromised.

SECTION 3 – ACCESSIBILITY AND CONFORMITY OF THE PREMISES

59. Entrances, exits and emergency exits must be unlocked and free of any obstructions that may impede a speedy evacuation of the premises.

60. There must be clear signs to the first aid room in the dance and spectator area.

61. There must be clear signs to easily locate entrances and exits, washrooms, water points, phones, the event supervisor and emergency exits.

SECTION 1 – THE SPORTS FACILITIES

THE PROVISIONS IN CHAPTERS 1 AND 7 APPLY TO THIS SECTION.

SECTION 2 – THE EQUIPMENT

63. Any equipment used for sound or lighting at events must be secured and set up outside the dance floor (speaker, electric wire...) to prevent anything or anyone falling. (See also Chapter 1.)

CHAPTER 9: SAFETY SERVICES AND EQUIPMENT REQUIRED DURING A SPORTING EVENT, COMPETITION OR SHOW

SECTION 1 – FIRST AID AND MEDICAL SERVICES

- 64. First aid services will be available for participants, officials, volunteers, and spectators.
- 65. A person who has successfully completed a first aid training course equivalent to the St. John Ambulance General First Aid course must be always on site.
- 66. The Organizer must ensure that an ambulance will arrive quickly in the event of an emergency. They must be able to inform the paramedics of the fastest route to the event venue.

SECTION 2 – SAFETY EQUIPMENT AND EMERGENCY MEASURES

- 67. A first aid kit compliant with Annex I must be stored near the event area and fully accessible.
- 68. The first aid kit must be checked by a representative of the DSQ before each competition and event.
- 69. A phone must be accessible near the competition area. The following emergency numbers must be posted next to the phone:
 - Ambulance
 - Hospital Center
 - Police
 - Fire Department
- 70. The evacuation plan and emergency procedures must be known and drawn up so they can be posted by the phone.
- 71. Safety service:
 - a. The Organizer must assign one or more persons the task of ensuring order and safety is maintained. These safety officials must be at least 18 years old.
 - b. The safety official(s) must be clearly and visibly identified.

CHAPTER 10: PREVENTION, DETECTION AND MONITORING OF BEHAVIOUR LIKELY TO JEOPARDIZE PEOPLE'S SAFETY AND PHYSICAL OR PSYCHOLOGICAL INTEGRITY

INTRODUCTION

Within the framework of its mission, the Fédération DanseSport Québec is responsible for protecting its members by providing them with a safe, fair, and reliable environment for all grades and at all levels, whether local, regional, provincial, national or international.

The Fédération therefore does tolerate any form of abuse, harassment, neglect, or violence, whether physical, psychological or sexual, in all programs and activities that it and its members have sanctioned and provided.

The Fédération recognizes the importance of taking reasonable measures for prevention and intervention in order to root out all forms of abuse, harassment, neglect or violence when such transgressions are brought to its attention.

SECTION 1

Prevention and detection of behaviour likely to jeopardize people's safety and physical or psychological integrity.

Health and safety routine

72. These safety regulations form part of the rules that all members of the Fédération Danse Sport Québec are subject to as mandatory. It details a set of applicable provisions designed to create a healthy and safe environment at the event venue.

In addition, the Fédération declares that it concurs with the Opinion on ethics in recreation and sport, issued by the Ministère de l'éducation whose main objective is to recognize values such as fairness, perseverance, enjoyment, health, safety, and integrity, as well as maintaining a safe and welcoming recreational and sporting environment for everybody.

Help, support, and referencing

73. It encourages its members to be vigilant in order to be able to detect and report any inappropriate behaviour that harms a person's physical or psychological integrity during the practice of dancesport. To underpin this approach, Fédération DanseSport Québec has codes of conduct that must be respected, and it ensures these codes are distributed, explained, and encouraged among its members.

Every member must be informed, in writing, of these codes of conduct upon joining.

Furthermore, the Fédération is committed to reminding its members at the beginning of each season, to review the codes of conduct that concern them.

Vetting

74. The Fédération DanseSport Québec has set up vetting guidelines for all persons likely to encounter minors or vulnerable persons over the course of their duties.

Training

75. The Fédération DanseSport Québec is committed to encouraging its members to participate in training courses on the protection of integrity. These training courses must have been approved in advance by the Fédération DanseSport Québec. The latter also undertakes to publicize these training courses through its website.

The Fédération may also demand that certain categories of members attend training courses, conferences, or other integrity-related programs. It can control and make sure that the persons summoned to participate actually attend or make attendance a prerequisite for the practice of the activity (coaching, managing, performing or other).

SECTION 2

Monitoring behaviour likely to jeopardize people's safety and physical or psychological integrity

76. The Fédération DanseSport Québec offers a process for monitoring such behaviour. It works through an independent complaint-handling system that recommends sanctions to the Fédération, as and when necessary.

Consequently, any person involved must not inflict any abuse, harassment, neglect, or violence in any form against a person who is also involved in the DanceSport community, whether a minor or adult.

Every member of the Fédération must cooperate in the process of handling a complaint and respect the confidentiality inherent in its handling.

Where applicable and in collaboration with its members, if necessary, the Fédération DanseSport Québec undertakes to respect and implement the appropriate measures to apply the decisions and sanctions issued by its Board of Directors.

SECTION 3

Fights

77. To prevent physical and psychological violence resulting in minor, serious or, in extreme circumstances, fatal injuries, the Fédération DanseSport Québec is responsible for establishing rules to intervene in potential fight scenarios between 2 or more people within the context of a sporting event (contest or competition), regardless of whether they are performers or members of the team (coach, assistant coach, trainer, etc.).

The Fédération will ensure that the sanctions described in the two paragraphs below are made mandatory in sporting events involving persons under 18 years of age.

As soon as a fight erupts, the people involved must be systematically escorted out of the sporting event venue, irrespective of whether they are the instigators of the fight or not.

The same individuals must also be suspended from attending the next sporting event (not allowed to attend the next contest or the next event) as a minimum.

If necessary, the Fédération could ask its members for a list of expulsions and suspensions issued during a year.

Within its remit, the Fédération is responsible for protecting its members by ensuring they practice their sport in a way that is safe and healthy. It acknowledges that given the nature of the activity, the context of its practice and the history and culture of the discipline, participants are at a low to moderate risk of suffering adverse effects on their health.

Other elements that may also affect participants' health include drug use, doping substances, energy drinks, alcohol, and poor diets.

The Fédération has therefore ruled on the following points:

SECTION 1 — ANTI-DOPING

Everybody involved in the field of DanceSport (participant, coach, volunteer, parent, administrator, employee, or supplier) may NOT use or be under the influence of drugs, doping substances or other prohibited products during an activity sanctioned by the Fédération (training, competition, etc.).

The Fédération encourages its members to learn about anti-doping by visiting the websites of various organizations, including the [Canadian Anti-Doping Program](#) (CADP), the World Anti-Doping Agency's (WADA) [Global Anti-Doping Education and Learning Platform](#), the education programs of the [Canadian Centre for Ethics in Sport](#) (CCES), and so on.

The Fédération points out that athletes who participate in certain competitions may be subject to random doping checks, carried out in accordance with the above-mentioned programs and [CDS](#) rules.

They must therefore refrain from using any substance that may be prohibited. Athletes are encouraged to check with the appropriate agencies before using any substances.

SECTION 2 — THE GENERAL HEALTH OF PARTICIPANTS

Gradual return to the sport after a concussion

See Chapter 12 of these Safety Regulations.

CHAPTER 12: PREVENTING, DETECTING AND MONITORING CONCUSSIONS

The Fédération acknowledges that the practice of DanceSport presents a low to moderate risks of injury, including concussions. In the event of such an injury, it is essential to follow the recognized procedures for the prevention and management of such situations.

All members and individuals involved in the training or competitions should be aware of their roles and responsibilities in this regard.

SECTION 1 — PREVENTION, INFORMATION AND RAISING AWARENESS

The Fédération will regularly inform and raise awareness among its members and all those involved in the training or competitions through various programs published on its website. The subjects covered include:

- Risks of concussion associated with dancing.
- Concussion assessment and management programs and/or policy in this area (if applicable) and/or a phased plan for gradually returning to the activity (if applicable).
- Training courses recognized by the Fédération offered and/or compulsory.
- Potential sports facility upgrades that can reduce the risk of concussions during training sessions and competitions.
- Importance of informing and educating parents and guardians of athletes about the severity of concussions and the importance of treating them swiftly.

SECTION 2 — DETECTION AND MANAGEMENT

DanseSport Québec recommends that all its members refer to the Minister of Education's Concussion Management Protocol for the education sector and within the framework of recreational and sporting activities. Here is the link to the guidelines: www.education.gouv.qc.ca/commotion.

This protocol specifically covers:

- Nature of a concussion.
- The immediate withdrawal of the participant in the case of an incident or possibility of a concussion.
- The importance of recording the incident.
- Information to identify warning signs and symptoms observed and felt by the participant.
- Key circumstances requiring an urgent or clinical medical evaluation.
- A detailed plan for resuming recreational, school and sports activities.
- The role and responsibility of each of the individuals involved (coach, parents, participants, etc.).
- The logging tool, i.e., the tracking sheet.

The Fédération reminds its members of:

- The importance of notifying participants, guardians or parents at the start of the season, so that team members can enforce the protocol.

- The importance of notifying participants, guardians or parents, at the start of the season, so that team members can apply the protocol.
- The importance of effective communication between the various stakeholders and parents during an incident that may involve a possible concussion.
- The importance of reporting an incident and not trivialize it.
- The importance of logging incidents in an Accident Book for the individual monitoring of injuries.
- The importance of having safe facilities that reduce the potential risk of concussions.

SECTION 1 – VIOLATION

Notice

Any violation of this Code of Conduct must be reported immediately to DSQ representatives

Any violation not directly witnessed by DSQ officials during an event should be reported in writing to a DSQ representative within seven (7) days of the DSQ-sanctioned event.

DSQ must notify the offender in writing of each alleged violation and give them an opportunity to state their case within a reasonable time.

SECTION 2 – SANCTION

Organizer

The DSQ Board of Directors may deny an Organizer the privilege of presenting one or more competitions sanctioned by DSQ if they violate these regulations.

An official

An official who does not comply with these rules will be replaced for the current competition or suspended.

A coach or instructor

A supervisor, coach or instructor who does not comply with the requirements of these regulations may be excluded or suspended for a period determined by DanseSport Québec, depending on the seriousness of the violation.

Participant

A participant who does not comply with these regulations may:

- Have their right to be a member revoked.
- Be disqualified from the current competition by the Chairman of the jury or by any person appointed by DanseSport Québec.
- Be liable to reprimand or suspension.

School, studio, or academy

A body that does not comply with the Safety Regulations could have its right to membership revoked.

SECTION 3 – RULING

Rulings made by the officials

RULINGS made by an official in accordance with the rules of the game and the sanctions imposed, if any, are immediately enforceable and appeals cannot be made to the Minister. In the case of a serious violation or repeat violations, sanctions may be added to those issued by the official.

In the event of any conflict between these Safety Regulations and any other rules in force at the Fédération, the provisions of these Safety Regulations will prevail.

Ruling

The DSQ must send a copy of its ruling by registered mail to the person concerned within 10 days of the date the ruling was made and inform them that they may apply for a review from the Minister.

Application for a review

The application for a review must be filed within 30 days of receiving the ruling, in accordance with the Act respecting safety in sports (CQLR., c.S-3.1).

The first-aid kit must contain:

- 1 practical guide for first aiders
- 1 pair of bandage scissors
- 1 splinter tweezers
- 12 safety pins
- 25 sterile adhesive dressings (2.5 cm x 7.5 cm), individually wrapped
- 25 sterile gauze compresses (10 cm x 10 cm), individually wrapped
- 4 rolls of sterile gauze bandage (5 cm)
- 4 rolls of sterile gauze bandage (10 cm)
- 4 sterile compression dressings (10 cm x 10 cm), individually wrapped
- 6 triangular bandages
- 1 roll of adhesive plasters (2.5 cm)
- 25 antiseptic pads, individually wrapped
- Antiseptic first aid cream
- An antiseptic liquid, e.g., hydrogen peroxide
- A liquid eye wash
- A mild antiseptic soap
- Bags of chemical ice if real ice is not available
- Disposable gloves
- Protective masks