

SAFETY NOTICE

Safety in Line Dancing Appropriate Footwear

To safely enjoy line dancing, you don't need to buy specialist dance shoes or dance trainers

However your footwear should be comfortable, provide support and have an enclosed heel so that your feet won't slip off the side



The shoes, boots or sandals should have the right amount of grip



Ordinary trainers can grip too much causing twisting and/or spraining of your ankles or knees

High and/or narrow heels are not appropriate as they can cause injury either to the wearer (going over on your ankle or losing balance and falling) or to others (if the wearer steps back on someone)



Also, thin, high heels can damage wooden floors

So please wear appropriate footwear



Dance, smile and have fun!