

**DANCE
THE
DISTANCE!**
MORE FUN THAN A RUN®

Instructor FAQs



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FAQs for instructors

If you need some help or guidance, our handy FAQs should answer your questions. Check out the list below to see if we can help.

How much money can I earn from Dance the Distance®?

This will obviously depend on how many events you run and how many people attend but an average event with 100 participants will earn you £800 (before tax).

Can I donate my earnings to the chosen charity?

Yes. You can choose to donate some, all or none of your earnings. There is no expectation for you to make any donations.

How many people can attend an event?

There is no maximum number and this can be determined by your venue size. If you have a smaller venue (and lots of energy!), you can run the event in 'waves' back to back (e.g. start the first wave at 10.00am and have a second wave at midday). If you are planning a larger event or multiple waves, we recommend you join forces with another licenced instructor or two.

FAQs for instructors continued

Can I team teach with other instructors?

Yes you can, as long as they are also Dance the Distance® licenced instructors.

Does it have to be 5km?

5km is the primary distance but you can be creative and offer shorter options by removing choreography blocks. Or if you have more energetic participants, you can repeat blocks and even double to 10km! Half marathon anyone?!

How is the distance measured?

Dance the Distance® has been developed and extensively tested with activity trackers to match 5km as closely as possible. Due to the nature of the activity and the variance in individual step length and movement intensity, participants may cover more or less than 5km on the day. It is an **approximate equivalent only** to covering a distance of 5km. If your participants are wearing activity trackers, they will get variable results!

Can I choose any charity to fundraise for?

Yes, you can. Whether it's a big national charity or a small, local one, choose a charity or good cause close to your heart. The choice is yours.

FAQs for instructors continued

How often will new choreography be released?

Initially there will be a minimum of one new release every year. You get one release with your licence and can buy others as they are released.

What qualifications do I need?

Ideally, you will have your Exercise to Music (ETM) or a similar qualification. As a minimum, you need to have some basic dance fitness training (such as the Zumba B1 or similar). Dance the Distance® has been created in an exercise to music format using the beat and phrasing of the music. The ideal Dance the Distance® instructor has great cueing and coaching skills as well as boundless energy and excellent movement quality. Experience of teaching dance fitness is essential.

Is there a Dance the Distance® training course?

The training materials (choreography notes and videos) in your pack will guide you through how to deliver an amazing experience for participants. However, some instructors may need or want specific training and this is being developed soon. In the mean-time we have some other great courses and CPD options for you [here](#).

FAQs for instructors continued

Can I turn Dance the Distance® into a regular class?

We're thrilled that you'd consider teaching this as a weekly class and that opportunity is coming soon. Dance the Distance® in its current format has been created for events only.

What is the monthly licence fee?

There isn't one! Just one upfront payment for your annual licence pack gets you all that you need.

Does my insurance cover me to teach other classes?

Your Dance the Distance® insurance only covers you to teach registered Dance the Distance® events. If you are looking for instructor insurance to cover your regular group exercise classes, you can find information about EMD UK's instructor support packages [here](#).

Do I need to purchase PPL cover?

Good news....No! PPL for your Dance the Distance® events is covered as part of the licence. However, you do need to check that your venue has the correct [PRS licence](#). If you need PPL for your other classes, did you know you can get it cheaper via [EMD UK?](#)

FAQs for instructors continued

Can I create my own Dance the Distance® posters?

We've done all the hard work, so you don't have to! Please only use the Dance the Distance® posters found in the 'marketing materials' pack.

Can children take part?

The 5km event is suitable for anyone aged 14 and over. Anyone taking part who is between the ages of 14 and 17 must be accompanied by someone 18 or over. If you want to do an event for children or families, remove some choreography blocks to make a 2km or 3km event and use the lower impact options. The minimum age for taking part in the shorter versions is 5 and everyone aged 17 and under must be accompanied by someone over 18. If your event is specifically for children, you must have had appropriate training and have safeguarding procedures in place (including a DBS check if required).

Instructors, check out the FAQs for participants too!

Participant FAQs

Do I need to be a good dancer to take part?

No. The moves are simple and suitable for all abilities. Basic rhythm and coordination are an advantage but if you dance at weddings and family parties you will be fine. You don't have to be a great dancer – anyone can Dance the Distance®! The moves are simple and taught by expert instructors. If you do have some moves, then head to the front row and strut your stuff!

Do I need to be very fit to take part?

No. You need to be able to move and dance in 10-15 minute blocks for over an hour in total. If you have any medical conditions, please check with your GP before entering.

What training do I need to do?

No specific training is required.

What should I wear?

Trainers (no ballet pumps!) and any comfortable clothing for exercising in.

Participant FAQs continued

What should I bring with me?

Water bottle, small towel and an extra layer of clothing for before and after. Perhaps some change to grab a well-earned coffee afterwards.

Can children take part?

The 5km event is suitable for anyone aged 14 and over. Anyone taking part who is between the ages of 14 and 17 must be accompanied by someone 18 or over. Some shorter events may be available for children aged 5 and over and family groups.

Can I attend on my own?

Yes. Make some new friends on the day!

How long is it?

Approximately equivalent in steps and / or calories to running or walking 5km, the event generally takes an hour and a quarter in total. Everyone is different so the exact distance you cover on the day may be more or less than 5km and will be different from the person standing next to you.

Participant FAQs continued

How much does it cost?

The entry fee for Dance the Distance® events is £10 (plus VAT). This covers the costs of running the event and isn't a charitable donation.

Do I have to get sponsored / fundraise?

Everyone participating is encouraged to help raise funds for the nominated charity or good cause. This can be an online donation, getting people to sponsor you, putting some spare change into a donation bucket or buying a raffle ticket.

I have an injury / illness / medical condition. Can I still take part?

Please check with your GP before entering to make sure that Dance the Distance@ is the right event for you. Please let the instructor know if you have any injuries etc before the event starts.

Participant FAQs continued

Can I take part if I am pregnant?

If you are currently doing similar exercise sessions (dancing, dance fitness, aerobics etc) **and** you check with your GP first, then it is OK to take part using the lower impact options and taking a break whenever you need to. Please let your instructor know you are pregnant and follow their guidance. If you are not currently exercising (or exercising in different ways e.g. swimming or walking) then you are **not** advised to take part.

Notes for participants

For all Dance the Distance® events you will be required to sign to state you are fit and well enough to participate and that you are happy to appear in any photos and videos that may be taken for promotional purposes. Instructors / event organisers can refuse entry at their own discretion if they have reason to believe you may be a risk to yourself or others if you take part.