

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

Participant FAQs



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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.