

Performance Optimisation Package

Congratulations on purchasing your Performance Optimisation Package (POP).
Below is a short guide on how to use the various elements of your package.

Please read this information now, as it contains important advice you will need to know about your policy.

Keep this information in a safe place so you can reference it in the future.

1 GETTING STARTED

Page 2

2 CLAIMING

Page 2

3 HELPFUL ADVICE

Page 3

4 BENEFITS

Page 4

5 BOOKING APPOINTMENTS

Page 5

6 INTERMEDIATE AND ELITE ADDITIONS

Pages 6-10

1

GETTING STARTED

Health Cash Plan (Standard, Intermediate and Elite options)

You will receive a welcome pack in the post from BHSF (Birmingham Hospital Saturday Fund- the company who provide the health cash plan) with the terms and conditions of your plan, and your first claim form. You will receive a new welcome pack each time you renew, even if you have previously had a policy. *For Intermediate and Elite options, please see page 3* for information about Musculoskeletal and Fitness screenings.*

2

CLAIMING

To make a claim, follow these steps;

1. Book your treatment with your choice of practitioner, ensuring they are registered with the correct council (see list under *Important to note* on page 3).
2. Visit the health practitioner, ensuring you collect a receipt. The receipt must include:
 - your name,
 - the cost of the treatment,
 - type of treatment,
 - the practitioner's name,
 - the practitioner's practice name/address,
 - the date of the appointment.
3. Within 13 weeks of treatment either:
 - a. Go to www.bhsf.co.uk, click on 'Register/login', select 'register to access your account'. Set up an account and once you have been activated login to make a claim. To upload receipts, make sure it is either a PDF or an image taken on your phone with a clear white border around the image.

OR

 - b. Fill in the claim form you received in your pack from BHSF, attach the receipt and post it to BHSF, Gamgee House, 2 Darnley Road, Birmingham, B16 8TE
4. You will receive the payment into your bank account within approx. 1 week. For queries on claiming, you can free-phone BHSF on 0800 622 552.

3 HELPFUL ADVICE

- If you need to get in touch with BHSF for such information as your policy number for example or to check the eligibility of a service or therapist for a claim, you can contact them, free of charge, on 0800 622 552.
- You must **NOT** collect all your receipts and wait until the end of the year as you will not be able to reclaim these costs.
- If you are claiming by post, once you have sent your claim form off you will receive another one in the post. You do not need to request another claim form.

Please read on for a summary of the benefits of your Health Cash Plan package...

4 BENEFITS

BHSF – Health Insurance Cash Plan

Please see the table below. The % to the right of the benefit column explains how much you will be able to receive back for each claim made...

...For example, if you were to purchase **Bronze** personal cover, and had a diagnostic consultation which cost £100. You will be reimbursed for 75% of your claim and therefore receive £75 back, leaving you with a further £25 to spend on further diagnostic consultations for the rest of the policy year.

Gym memberships- To find out which gyms you are eligible to receive a discount on, please call BHSF who will provide you with further details: 0800 622 522.

Benefits		Available online onedanceuk.org/memberships		Available on request - email manager@nidms.co.uk		
		Bronze	Silver	Gold	Platinum	Diamond
Dental	100%	£50	£100	£150	£200	£250
Dental trauma	100%	£200	£400	£600	£800	£1,000
Optical	100%	£50	£100	£150	£175	£225
Diagnostic consultation	75%	£100	£175	£250	£400	£650
Therapies combined maximum benefit	75%	£150	£350	£450	£550	£650
Chiropody, homeopathy and reflexology combined maximum benefit	75%	£50	£75	£125	£175	£225
Hospital in-patient up to 30 nights per Policy Year	Per night	-	£10	£20	£30	£40
Hospital day-case surgery up to 10 events per Policy Year	Per event	-	£10	£20	£30	£40
Recuperation payable automatically after a valid hospital in-patient claim of at least 10 consecutive nights	Lump sum	-	£75	£150	£225	£300
Maternity/paternity (adult benefit only)	Per child	-	£75	£150	£225	£300
Hearing aids	75%	£100	£150	£300	£500	£750
Health screening	75%	£50	£75	£125	£175	£250
Access to care (adult benefit only)	-	-	✓	✓	✓	✓
Telephone helpline (adult benefit only)	-	24 HOUR, 365 DAYS A YEAR TELEPHONE HELPLINE 0800 107 6145 Counselling - caring, practical help in areas related to stress, debt, crisis and addiction. Medical information on Social Services' facilities, self-help groups and general medical advice. Legal advice on any private matter relating to UK law, including relationships, tax, employment and welfare benefits.				
GP consultation service	-	24 HOUR, 7 DAYS A WEEK HELPLINE Providing access to a GP helpline 24 hours a day, 7 days a week. Also includes access to an online webcam consultation available Monday - Friday, 8.30am to 6.30pm (excluding Bank Holidays). 0345 303 7417 – GP helpline 0345 127 7053 – Webcam consultation				
Private prescription service	-	The private prescription service enables its doctors to issue private prescriptions and send them directly to a registered pharmacy for dispatch to a patient.				
Gym membership (adult benefit only)	-	Corporate membership rates at over 2,500 participating UK and Ireland gyms and fitness clubs.				

5

BOOKING APPOINTMENTS

Important to note:

When booking an appointment to claim back on the 'therapies' or 'chiroprody, homeopathy and reflexology' benefit, please ensure they are registered with the relevant council or professional body listed below:

1. **Physiotherapy services** provided by a qualified practitioner who is on the **Register of Physiotherapists** of the **Health and Care Professions Council**.
→ <https://www.hcpc-uk.org/check-the-register/>
2. **Osteopathic services** provided by a qualified practitioner registered with the **General Osteopathic Council**.
→ <https://www.osteopathy.org.uk/register-search/>
3. **Chiropractic services** provided by a qualified practitioner registered with the **General Chiropractic Council**.
→ <https://www.gcc-uk.org/>
4. **Acupuncture services** provided by a **professionally qualified and registered acupuncturist**.
→ British Acupuncture Council - <https://www.acupuncture.org.uk/find>
→ Association of Traditional Chinese Medicine and Acupuncture UK - <https://www.atcm.co.uk/find-a-practitioner>
→ Acupuncture Association of Chartered Physiotherapists - <https://www.aacp.org.uk/search>
5. **Chiroprody services** provided by a **qualified Chiroprodist/Podiatrist** who is a **member of a body regulated by the Health and Care Professions Council**.
→ <https://www.hcpc-uk.org/about-us/who-we-work-with/professional-bodies/>
6. **Homeopathy services** provided by a **professionally qualified and registered homeopath**.
→ Alliance of Registered Homeopaths - <https://www.a-r-h.org/find-a-homeopath/>
→ The Faculty of Homeopathy - <https://facultyofhomeopathy.org/>
→ The Homeopathic Medical Association UK - <http://www.the-hma.org/find-a-member.html>
→ The Society of Homeopaths - <https://homeopathy-soh.org/find-a-homeopath/>

6

INTERMEDIATE AND ELITE ADDITIONS

*MUSCULOSKELETAL AND FITNESS SCREENING (INTERMEDIATE AND ELITE POP PACKAGES ONLY)

If you have purchased the **Intermediate** or **Elite** Performance Optimisation Package (POP) you will also receive a musculoskeletal and fitness screening for which you will have selected a screening centre (London or Birmingham). The NIDMS Manager will be in touch to complete a few short forms and to book you in for your screening at your chosen venue.

Once your screening is booked your details will be passed on to the screening centre. If you are unable to attend your screening for any reason, please contact the screening centre and also inform the NIDMS manager as soon as possible (see enclosed cancellation policy).

Contact details: NIDMS Manager – 020 7940 9804 | manager@nidms.co.uk

What will screening look like?

The paperwork

As part of the screening experience and for the Dance Science team to create a comprehensive and accurate profile of your physical condition and training needs, you will be asked to complete a *Health, Injury and Training Questionnaire*. This will collect some relevant demographic information, and will ask you questions such as, 'Do you ever have joint pain which is non-inflammatory (Not caused by injury)?'.

The screening technician will also take you through a *Physical Activity Readiness Questionnaire* (Medical PAR-Q) and a consent form, before briefing you about the forthcoming series of tests which make up the overall physical assessment.

The tests

Testing is bespoke and tailored to the needs presented by the individual being screened. These considerations will be taken into account, and tests from the list below will be carried out accordingly in conjunction with your chosen package. An intermediate screen will include testing procedures listed from 1-10 and 1-13 for an elite screen.

(please see overleaf)

Testing procedures:

1. **Anthropometric measurements** (scientific talk for things like height and weight!) It's important to stress that we would not regard an individual's Body Mass Index (BMI) measurement as an indicator of fitness on its own. It is therefore accompanied by body-composition measurement, which also enables us to look at things such as your body's muscle mass. We use these measurements to give us an idea of your baseline physical fitness, and as a marker for progression going forwards.



2. **Flexibility.** This will look at the flexibility of key muscle groups used in dance, by looking at the muscles capabilities to be stretched both with and without external resistance.



3. **Generalised Joint Hypermobility.** This differs from flexibility testing in that it refers to the range of motion (ROM) available at the joints. Testing done for hypermobility will help us to assess any excessive ROM for instance that may be accompanied with other factors such as joint pain.



4. **Turnout/turn-in.** This is a test of strength and control that will look at the rotation available at the hip during turn-out and turn-in.

5. **Balance.** This test involves single leg balancing and will note the degree of wobbling, hopping, and body adjustments made during the 30-second assessment to give an overall result. Your balance will be challenged as tasks involve balancing on an unstable surface (such as a padded yoga mat), and/or with eyes closed!



6. **Muscular endurance - core.**
The static plank test is used here to assess the current muscular strength of major muscle groups used in dance. This is a timed test.

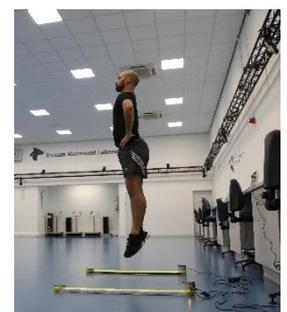


7. **Muscular endurance - upper body.** Similar to the plank, we target the upper-body specifically by way of a dynamic press-up test.



8. **Muscular endurance lower body.** This test asks you to perform as many wholly executed single leg calf raises as possible within one minute.

9. **Jump height.** This test quite simply measures how high you can jump!



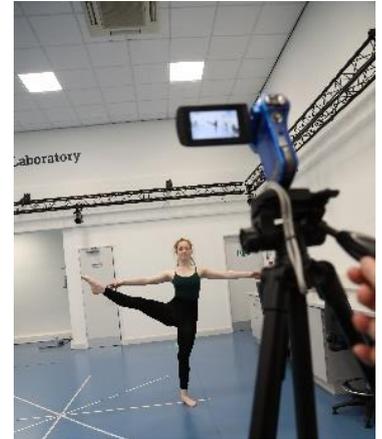
10. **Physiotherapy assessment.** You will have a standard clinical examination, using the information supplied on your *health, injury and training questionnaire* to inform your assessment.



Photo credit: Trinity Laban Health

Elite additions

11. **2D motion capture.** Using a camera, this segment of the assessment sees you perform a **developpé a la seconde** on the right leg as well as the left, which will later be examined using 2D analysis software to assess for things such as comparative differences between leg heights, and compensation strategies (such as hiking at the hip).



12. **Aerobic capacity (VO2 Max).**

This is a treadmill test that measures your aerobic capacity - or the ability of your heart and lungs to pump oxygen to the working muscles. This provides us with information about your ability to endure increasing cardiovascular effort and your capacity to delay the onset of fatigue, which can be linked to injury amongst dancers.

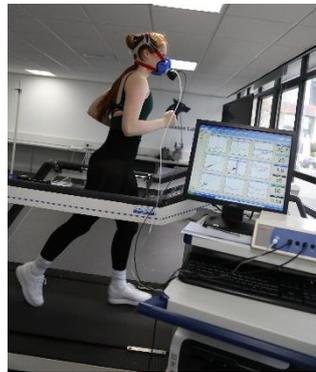


Photo credit: Kyle Stevenson / Trinity Laban

The analysis

Intermediate package -

Once you have completed screening, you will re-join the screening technician for a one-to-one feedback session, where your screening results will be reviewed in line with your current dance training, and you will have a chance to ask questions. Here you will receive recommendations and advice personally tailored to you, which will include guidance to help optimise your practice and performance. To complement this, you will also receive a personalised exercise plan.

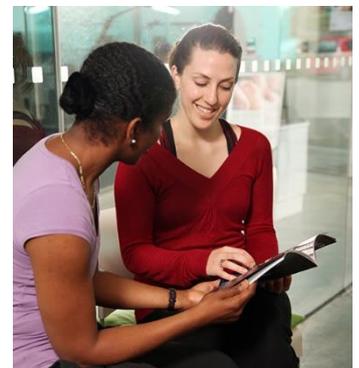


Photo credit: Trinity Laban Health

Elite package-

Once screening is complete, the screening technician and Dance Science team will conduct a more in-depth analysis of your results and will conduct a *needs analysis* based on your current training requirements and demands. The product of this will be a bespoke training programme designed to suit you, to help you meet these demands. A date will be arranged for you to return to the screening facility, where you will be walked and talked through your training plan.

To give an example...

The screening results of a professional dancer whose work involves a great deal of contact and lifting, reveals that to optimise their performance they would benefit from developing upper body strength. Their training plan may,, therefore, include, amongst other things, a tailored strength and conditioning programme using free weights such as sand-bags and medicine balls that would help them to, for example, repeatedly perform lifts with greater ease (improving performance), and with less risk of injury.

Your advisor would be able to physically demonstrate how these exercises should look, advising on things like correct form, posture/alignment, sets and repetitions, and how to monitor your training load. For you to get the most out of your bespoke plan, your training advisor will also be able to talk you through the purpose of each exercise. For example, which muscle groups are being worked and what the exercise aims to improve, in the case of this example, for instance, strength, endurance or power.

If you have any further questions relating to your Performance Optimisation Package,
you can reach us at:

jess.lowe@onedanceuk.org

erin.sanchez@onedanceuk.org

We wish you all the best with your dance training!