

PURPOSE

This document contains guidelines for students on how Trinity Laban will work collaboratively regarding concerns relating to BMI to ensure we provide high quality, conservatoire training in a healthy and safe environment.

These guidelines should be considered as a supplement to Trinity Laban's Fitness to Study Policy which can be found on Moodle or a copy requested from the Registry.

BACKGROUND

We believe that dance training can and should be a positive and healthy experience for all. It is therefore our goal to work towards the promotion of healthy eating and positive body image. At Trinity Laban we see prevention, identification and positive action around maintaining a healthy BMI as part of our commitment to our students.

It is important to understand that early intervention makes successful recovery much more likely.

DEFINITIONS

Body Mass Index gives a broadly accepted measure of health risk and is calculated by dividing a person's weight in kg by their height in metres² (kg/m²). The World Health Organisation recommends that individuals in the general adult population should be a minimum of 18.5.

RECOMMENDATIONS

Trinity Laban requires students over 18 years to have a minimum BMI of 18.5. If a student's BMI is below 18.5, this will be a cause for concern under the Fitness to Study Policy.

STUDENT GUIDELINES

If you have noticed significant weight loss, or you suspect that you may have a disordered eating problem, we recommend that you make an appointment to speak to your GP, who would be your first point of contact. You should also contact your Programme Leader/ Programme Coordinator or a member of Student Services, depending upon whom you feel most comfortable reporting.

One of your tutors may become concerned that your continuing participation may represent a health and safety risk to yourself and others. If such concerns are raised and/or you have significantly lost weight you may be contacted personally by your Programme Leader/ Programme Coordinator or the Head of Student Services to arrange an Initial Meeting under the Fitness to Study Policy. We may invite you to have your BMI measured with someone from the Dance Science and Health team and advised to seek advice from the Councillor and Nutritionist

Where we are unable to agree on an action plan with you, a recommendation may be to convene a Fitness to study Panel.

If you have concerns about one of your peers, please encourage them to refer to this document and also the Fitness to Study Policy. Supporting a friend in distress can be stressful, so you should also raise the concern with your Programme Leader/ Programme Coordinator, or a member of student services, depending upon whom you feel most comfortable reporting.

If a BMI below 18.5 is confirmed, ordinarily a range of options will be discussed with you to help you gain your lost weight and agree on an Action Plan best suited to your needs.

If your BMI is below 18.5, you will not be permitted to take part in the full training programme.

If following a review period, no eating disorder, or any other health issue that might hinder your progress is confirmed, and your BMI returns to 18.5 minimum, you will be permitted to continue on the programme. However, as a precautionary measure, we will continue to monitor and support you.

If TL has any concerns, it reserves the right to seek an opinion from a medical practitioner of their choosing.

In cases related to concerns about BMI, it is likely that:

- The matter will be dealt with informally;
- The Programme Leader/Programme Coordinator and either the Head of Student Services or Deputy Registrar will attend the Initial Meeting with the student
- An Action Plan will be agreed with the student.