

Dance-a-Thon Rules



1 Everyone dances

Seated and adapted dancing count. Taking part never depends on money; turns are never sold to students.

2 Breaks are part of the plan

Drink water at every break. Rest when you need to; the quiet room is open to anyone.

3 Stay in the dance area

Tell an adult before you leave the room. Use the buddy rule for restrooms.

4 Respect

Give everyone space. Kind words only. No pushing, pulling or lifting.

5 Floor safety

Shoes as the facility allows. No food or drinks on the dance floor. Tell an adult about spills.

6 Going home

Sign out at the sign-out table. You leave only with an adult on your approved list.

Pledges are counted by:

☐ songs ☐ hours counted by _____

Questions? Ask: _____

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