



Dancer Welfare Pack
2013

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Red Leopard & Direktors : Introduction - First Lessons...

How does it work?

You earn your money getting clients to take you for a private dance or for a VIP.

Private dance = £20

VIP = £80 per 15 mins

What is a private dance?

A private dance is a full nude, close proximity, erotic striptease.

The customer may not touch you during this.

What is a VIP? (Often referred to as a 'Sit down')

A VIP may also include dancing but not necessarily for the whole time, it is at customer's request, and dancing may be mixed with sitting and talking to the customer.

Sit down's offer the customer a more personable experience and a chance to talk to you, which they can often be just as interested in as watching you take your clothes off. This is a VERY important point to remember. The dancers who earn the most from our business are not necessarily the best dancers or even the most beautiful girls, ironically they are often the ones who can really talk to a customer in such a way that the customer feels really at home, relaxes.

However, it is important to not talk too much, don't become a chatterbox (Unless your customer asks you to of course) but try to talk just enough to get the customer talking freely back to you and let them take the lead in the conversation. Then the tide flows the other way and the customer perhaps will start to really talk to you, even sometimes relating their life story! And ladies, that is the real art of the VIP and the way to get booked into Direktors with a patron for hours on end.

You must always of course be very careful not to give any personal details away about yourself that someone could use to find you IRL (In real life) as this is both against company policy, our License conditions, but most important of all could cause you serious personal problems and perhaps even safety issues. You must

always protect your real identity, that is why we ask you to use a 'Dancer' name when you are working which is not your given name.

No Touchy Touchy!

Whilst performing Private Dances or engaging in VIP Sit Downs it is extremely important that you do not allow a customer to touch your breasts or genital area, this is strictly against our license conditions and Dancers Code of Practise, also you are certainly not allowed to touch the customers genital area or breasts (Yes, a number of our patrons are women).

Any girl allowing a customer to touch her intimate areas will be reprimanded according to our Dancers Code of Conduct and will be instantly dismissed for persistent or flagrant transgressions.

The customers may not "undress" themselves either!! If this should happen please stop the dance/VIP and tell them to put it away!!! You may then finish the dance if they behave or if they don't you can stop the entertainment completely and call a manager to tell them what has happened. Please take note of the advice in this Welfare Pack in regard to this as it will help to keep you out of trouble on this front.

Commissions And House Fees

Our club operates charges you 30% commission on all dances.

This means that for every £20 dance, you will earn £14

For a 15 min VIP you will earn £56

For a 30 min VIP you will earn £112

And for an hour's VIP you will earn £210

We also operate a house fee system which varies on each day of the week and at quieter times of the year e.g. January/February and July/August, you may be offered discounted or even free floor fees as an inducement to book shifts.

It is very important that you realise when you work in our Club as a dancer you do so as a Self-Employed person. (Please also note later section on income tax for Self-Employed people). As such you 'Rent' the use of our facilities and

support mechanisms such as Security staff, DJs, stages, sound and lighting equipment, and music performance licenses etc for your work as a Self-Employed Entertainer. The floor fees are literally your rental payment for these facilities, that is why as far as possible they are always accounted for separately to your earnings from dancing/VIPs.

The floor fees are set to be appropriate to the evening e.g. Quiet evenings = small or no house fee, busy evenings = higher house fee. As a rough guide you would expect to pay £30 floor fee on a Fri or Sat night, but you may pay no floor fee or a smaller floor fee on Mon or Tue night.

Floor fees are always to be paid at the start of the shift and you can find the current level they are set at later in this guide.

So How Does An Average Night Go?

Each shift falls into a regular if not predictable rhythm.

The first thing you do on arrival at the Club is to sign in and pay your floor fee for that night.

The signing in book is located on the front reception desk accessed through the 'Direktors' doorway entrance. This entrance will close as the Club actually opens for business so make sure not to be late.

After signing in you can then go to the dressing rooms and get yourself ready. Once you are dressed and ready you should come straight back up the stairs from the dressing rooms and take you place on the floor of the Club.

When you first join us you will need to organise with the manager hwta music you will use for your stage shows and it will be programmed into our automated DJ system for you.

You will not need to carry any money with you on the floor as all drinks can be put on a tab which you will pay at the end of the night. By not carrying money with you whist working at the Club it avoids the following problem:

You have a £20 note in your bag to buy a drink but a customer asks you for a dance first. After the dance you come to the bar with your £20 for your drink and the manager asks why you haven't changed the £20 for a dance voucher. "But this is my personal money", you say. Here is the start of an argument. To avoid this scenario please do not carry money with you on the floor.

Also no mobile phones should be carried in bags on the floor as if you accidentally lose them the Club cannot be held responsible for your loss.

Most evenings you will probably do between 2 to 4 stage shows. Please listen out for when the DJ system calls you to go on stage. When the DJ system calls you, you must immediately get ready for the stage show. The only excuse for not doing a show is if your customer is about to pay for a private dance or VIP!

However, be warned, do not use this excuse too often. The DJ system may be stupid, but the Manager is not and knows which girls are trying to avoid going on stage. You can be reprimanded for persistently avoiding doing stage shows as they are specifically part of your arrangement of working in the Club.

Remember also that a good stage show most often leads to a customer asking you for a dance. If you are having a slow evening it can be a good idea to ask the Manager to put you on stage.

In between the stage shows you will chat to the customers with a view to them either buying dances or VIPs. When you have a customer who wishes to buy a dance/VIP you must get your Payment for it first.

In each club the bar staff or manager are all able to sell your customer dance vouchers from the tills, which they will then give to you in return for your time.

Bring your customer to a till and exchange his money/credit card transaction for the appropriate dance voucher. Then you may go for your dance/VIP.

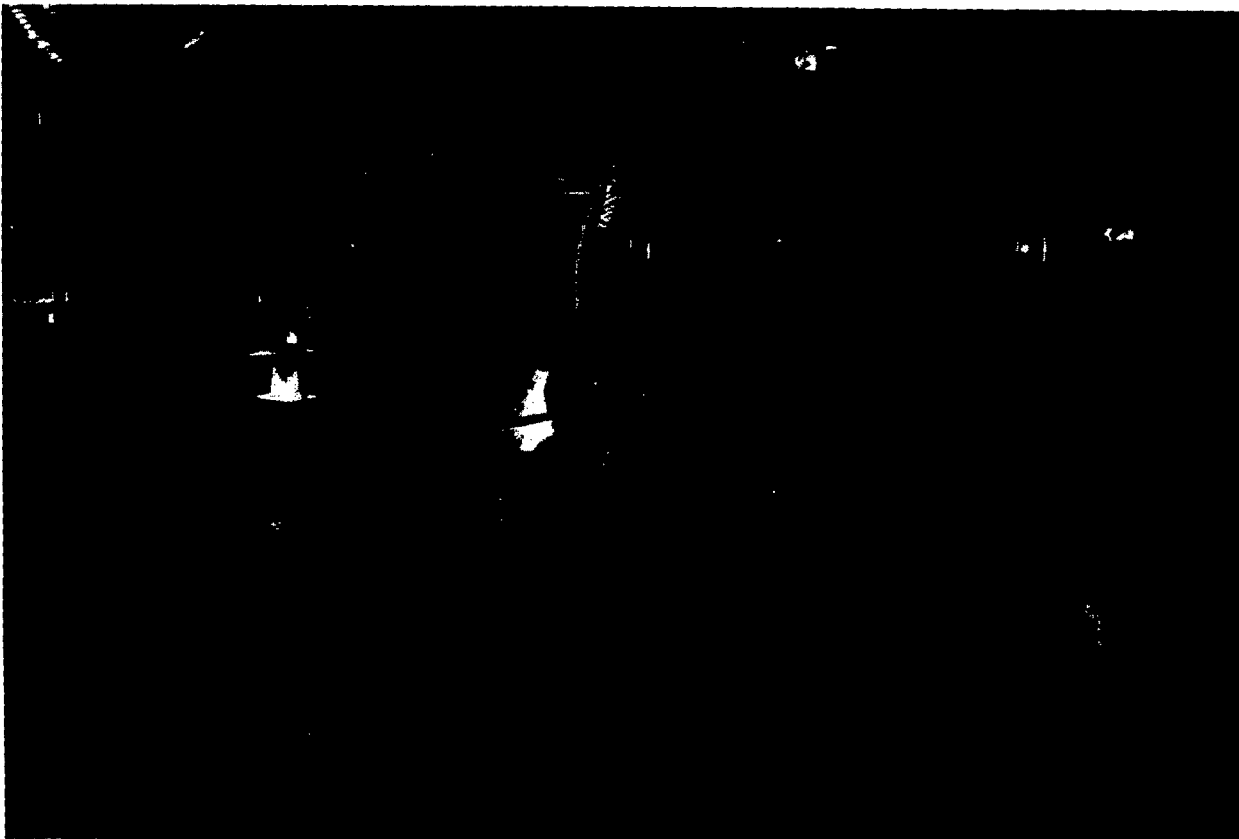
If after the dance/VIP the customer wishes you to continue dancing for them it is down

to you to ensure that you get the money or credit card authorisation from them at the end of the next dance or VIP time. Whilst we will do our best to get customers to pay for all dances they have had it is not always possible, this is why you must make sure the customer has the means to pay if you extend your dance time with them.

At the end of the night you will go to the dancers payout area to cash out all your dance vouchers and pay your drinks bill **before** going to change into your street clothes.

If you find that for whatever reason you need to leave the Club early you must inform the manager first before changing. You should never leave the club without informing the manager. This is very important for health and safety measures as if there were to be a fire and we did not know you had already left, then someone could risk their life by returning to the building to find.

Costumes and Appearance



We aim for all our girls to reach and maintain a high standard of appearance.

If you want a patron to spend a fortune on you, you must look as though you're worth it! If you look cheap, cheap is all you will get!

Always ensure that you look your best. You should put as much effort into coming
in to work as you would going out on a first date with someone you really like.

Pay attention to the details. Well manicured nails, clean hair, perfume, clean white teeth, fresh breath. Wear some sparkly jewellery. All these things make a difference.

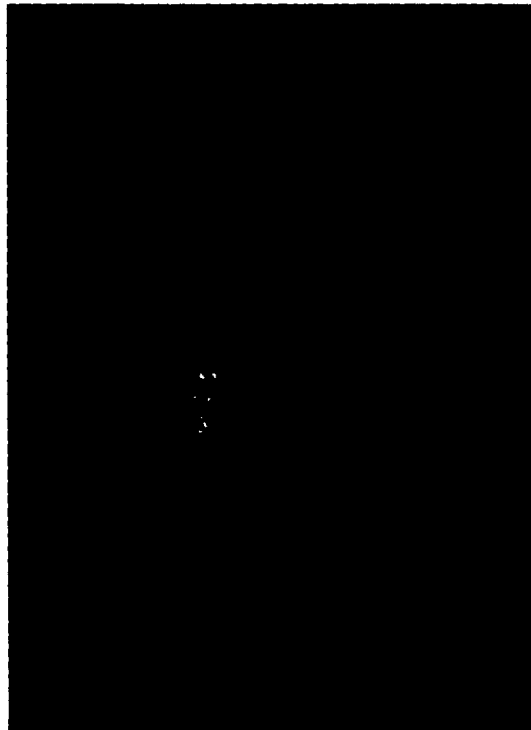
At the start of the night we require all our girls to wear long dresses, then after midnight you may change into something shorter and more revealing but it is not our policy that you should ever walk around in should never walk around the floor of the Club in just underwear!

Stockings, basque and suspenders are an eternal favourite. Try adding a tailored jacket to complete the outfit.

Your Stage Show Music

The music you choose to dance to will also have an impact on the audience. There is no rule against dancing to R & B but if every girl is dancing to it then it has no impact.

What makes you different?



By choosing different music you can set yourself apart from the pack. Choose a song that suits your style of movement: slow and sensuous, fast and fun, or rocky and wild!

Then make sure that your outfit suits your song.

There are certain songs which are classic “sexy” songs;

Marvin Gaye - Sexual Healing.

Madonna - Justify My Love

Joan Armatrading - Love and Affection

Serge Gainsborough - Je T'aime

Or if you want to try something rocky download Aerosmith, or ZZ Tops – Legs!

Pick music that puts you in the right frame of mind, then you have won half the battle before you have even begun.

Personal Conduct & Professionalism

This list could be endless as there are so many small points to make, but most of it you will pick up as you start working.

The main points are:

- The Club Manager's word is law, please follow what he/she tells you.
- Always be polite and courteous no matter what the situation.
- You must never go screaming through the club about anything!!
- If a customer has done something you do not like, or if you see another girl behaving badly, do not create a scene. Go quietly to the Manager and tell them what has happened. It is not your place to discipline other girls

and the Managers do not have eyes everywhere so they rely upon you to let them know what you have experienced.

- If a customer tries to touch you during a dance, please tell him politely that he is not allowed to do so. If he persists then stop the dance and tell the manager why you have finished the dance or VIP early. This way the manager can deal with the customer and you don't have to get involved.
- It is OK for you to have a drink, but do not get DRUNK.
- It is unattractive and you also are not in control of the customer or your dance vouchers. This can cause tears when you find that you have lost them.
- If another girl is talking to a couple of customers always ask her if it is ok for you to join the conversation.
- Be polite when asking for dances, be flirty but don't be pushy.
- However don't spend half the evening talking to only one guy in the hope that he may buy you a dance. If he does not appear willing, make an excuse and move around the room.
- Work as a team with the other girls, if you help them, they will be more inclined to help you. Working in the Club is competitive, but it is not a competition!
- Always remember that this is your work and not your social life.

Most of all
Have fun, make money, and be professional.

REFERENCE SECTION

Dress Code

Monday:

10pm-12.30am: 1 piece floor length gown

12.30am-4am: Lingerie/short dress etc

Tuesday:

10pm-12.30am: 1 piece floor length gown

12.30am-4am: Lingerie/short dress etc

Wednesday:

10pm-12.30am: 1 piece floor length gown

12.30am-4am: Lingerie/short dress etc

Thursday:

10pm-12.30am: 1 piece floor length gown

12.30am-4am: Lingerie/short dress etc

Friday:

10pm-12.30am: 1 piece floor length gown

12.30am-5am: Lingerie/short dress etc

Saturday:

10pm-12.30am: 1 piece floor length gown

12.30am-5am: Lingerie/short dress etc

Sunday:

10pm-12.30am: 1 piece floor length gown

12.30am-4am: Lingerie/short dress etc

Clarifications:-

1 piece floor length gown

-must be below the knee

-slits in the dress are fine

-a mini dress with a 'tail' is **NOT** a floor length gown

-no 2 piece outfits. IE bikini top and long skirt

NB Genitals, including nipples, must be covered unless on stage or performing in a Private Booth or VIP Room

Floor Fees *

Monday: £10

Tuesday: £15

Wednesday: £15

Thursday: £20

Friday: £30

Saturday: £30

Sunday: No Floor Fee

Arrival time each evening is 7.30pm to be on the floor for 8.00pm. If you arrive after 8.30pm you will be charged an extra £10. **Please note that access to the club will be closed from 9pm.**

*** All Floor Fees are subject to change.**

Commissions

Club Commission: 30% on all dances

Drinks Commission for dancers in Direktors:

- 1) Glass of House Champagne - £20.00 - (£5.00 consummation)
- 2) Bottle of House Champagne - £50.00 - (£10.00 consummation)
- 3) Bottle of Moet Champagne - £85.00 - (£10.00 consummation)
- 4) Bottle of Bollinger Champagne - £120.00 (£10.00 consummation)
- 5) Bottle of Laurent Perrier Champagne - £160.00 (£15.00 consummation)
- 6) Bottle of Laurent Perrier Rose Champagne - £170.00 (£15.00 consummation)
- 7) Bottle of Dom Perignon Champagne - £240.00 (£20.00 consummation)
- 8) Bottle of Cristal Champagne - £700.00 (£50.00 consummation)

The drink prices in Direktors will carry an approx 20% surcharge from the Red Leopard drinks prices.

Dancer Rights And Obligations

You are obliged to:

- Act in a professional manner and in accordance with the club's code of conduct at all times.
- Make all reasonable attempts to work to the Club's opening times.
- Observe Health and Safety regulations regarding working hours and site security.
- Be responsible for the cost of repairs for damage to property of the Club or any third party.
- Pay your own Tax and National Insurance.
- Pay a floor fee, as agreed with the Club, for each session services are provided.

You have the right to:

- Leave the site without permission (although you should notify the Club for Health and Safety reasons).
- End your contract without giving notice.
- Take legal advice before signing your contract, and to have a copy of it.

You do not have the right to:

- Holiday pay or sick pay.
- Hold yourself out as being an employee of the Club.

Club Rights And Obligations

The Club intends that in this working relationship you are an independent sub contractor.

The Club is obliged to:

- Provide all of the equipment used in their Club either by employees or sub-contractors as the Club takes its Health and Safety responsibility seriously.

The Club is not obliged to:

- Offer you any work. They may offer you the opportunity to provide your services but they are not obliged to.
- Pay any substitute or help hired by you to undertake the work.

The Club has the right to:

- End your contract without giving notice.
- Take legal advice before signing your contract.

The Club does not have the right to:

- Control the methods you use when you provide your services to the Club providing they apply with the terms and conditions of our licences and code of conduct.
- First call on your services – you are an independent worker.

Taxation & Insurance

Declaring your income.

As a self-employed worker in the UK you are responsible for your own tax and National Insurance Contributions. You will pay 20% on your earnings if you are registered as self-employed with the UK Tax Office, or 30% tax if you are not registered. You are also required by law to file an annual self-assessment tax return and declare all your earnings. Failure to do so can lead to penalties and reprimands. By registering yourself as self employed you are able to maximise your legal tax refund and claim back your work-related expenses. Therefore you will have to calculate and pay your own tax and national insurance, and possibly hire your own accountant.

The following agreement confirms you have understood the above statement and have or will be making a vested effort to comply with HM Revenue & Customs.

Insurance

As a self-employed dancer, your belongings and personal safety are your own concern. The Club will not be held liable for any injury or damage caused to you/ your personal belongings due to your own negligence whilst in the premises. You have a responsibility to be aware of your surrounding ; to prevent unnecessary damage ; and comply with any safety regulations and instructions given to you by your manager whilst on our premises. Such instructions include:

- **FIRE SAFETY:** On your initial arrival to the building you will be shown all evacuation routes and meeting places. Please familiarise yourself with these procedures.
- **SIGNING IN:** You must sign in at the beginning of each shift as this is a legal document proving your existence in the building.
- **ALCOHOL CONSUMPTION:** This is at your managers' discretion and will not be prohibited if you are/ continue to be intoxicated or unable to perform your duty as a dancer in the club. You may be asked to leave.

The Red Leopard Cabaret and Direktors excludes liability if injury or grievance is sustained during a stage performance; whilst in the bar/ open areas of the floor;

changing rooms; on arriving and leaving the building. Negligence will be found contributory if you enter prohibited areas of the building, and do not notify your Manager of your whereabouts during the course of your shift.

Failing to provide the required information and failure to agree with your self-employed status will prohibit you from working within the Club.

Code of Conduct for Customers

1. Gentlemen must be seated before a dancer can commence a dance, and must remain seated during the dance.
2. There must be no touching of the dancers at any time during the dance.
3. No propositioning dancers.
4. Customers must not dance at any time.
5. The customer must remain fully clothed during a dance.
6. Any breach of the above rules will result in the customer being excluded from the club.

Code of Conduct for Dancers

1. All required paper work will be filled out and lodged with the management prior to commencing work with Red Leopard.
2. Dancers will sign in at reception prior to commencing a shift.
3. Dancers are to arrive ½ hour prior to their shift starting. Dancers must pay the appropriate floor fee on arrival.
4. Dancers are to arrive at the club dressed in smart appropriate clothes and look presentable to the mainstream public from outside the club at all times. Arrive quietly and leave the club quietly, in respect of both corporate and private neighbours.

5. A dancer may not leave the premises during a shift, except in the case of an emergency and only with the express permission of the duty manager and must sign out.
6. A dancer that has left early will not be re-admitted that shift.
7. Dancers will either leave at the end of a shift in a nominated taxi, or a member of security will escort them to their car or off the premises.
8. Dancers are to wear long floor length gowns and high heels up to midnight unless specified otherwise by the Club manager on a specific night.
9. Hair, make-up and Jewellery should be high class and continual – remember dancers are a professional showgirl and the club is amongst the best in the UK.
10. Dancers may not: Give out their telephone number or any contact information to any customer, accept any telephone number or contact information from any customer or otherwise make any arrangement whatsoever to meet a customer off premises. Dancers may provide a customer with the days and shifts dancers work at the Red Leopard Club.
11. Dancers shall not be intoxicated any time on the premises. Intoxicated individuals will be sent home and repeat incidents will be grounds for dismissal.
12. Use mints for breath freshness, don't chew gum.

13. STAGE PERFORMANCES:

The club retains one stage. When asked by the management or DJ to do a stage show dancers must do so. Refusal will result in dancers being reprimanded.

14. TABLE DANCE PERFORMANCES:

Nude table dances may be performed for a charge to a customer of £20 per dance (approx 3 minutes – one song) and may be performed only in a VIP dance room. Where certain rooms are chained off thereby denoting a closed room – then no dance may be undertaken in that room. Only security staff and managers may unchain and open a VIP dance room. All moneys earned in the club-included tips to be exchanged for dance vouchers. Anyone found with cash will be instantly dismissed.

15. The customer must be seated before a dancer can commence a dance, and must remain seated during the dance, with their hands at their sides. If a customer attempts to touch or speak to dancers inappropriately during a table dance performance, dancers must immediately cease the dance, place the customer's hands to his side, explain the rules to the customer and if necessary, ask for a security doorman who may remove the customer from the premises.

16. PROSTITUTION: Selling any form of sexual favours is prohibited and shall result in their immediate dismissal from Red Leopard.

17. SOLICITATION: Accepting a customer's offer of payment in return for sexual favours, whether or not dancers actually have any intention of carrying them out, will result in their immediate dismissal from Red Leopard.

18. There must be no meeting customers outside of the Club.

19. LEWD AND LASCIVIOUS BEHAVIOUR: shall not be permitted within the Club and such conduct will result in a dancer's immediate dismissal from the Club.

20. DRUGS: The club maintains a zero tolerance policy regarding the illegal use of drugs and/or the selling of drugs. Any dancer (or employee) who is witnessed or known to be under the influence of an illegal drug or found to sell an illegal drug or be in possession of an illegal drug – will be immediately dismissed and the club may refer the same to local authorities for prosecution.

21. Spouses and boyfriends are not permitted in the club during any shift in which dancers are working.
22. Dancers will be required to sign a disclaimer that they have no previous convictions for sex or drug offences. An external background check may be requested by way of a data protection certificate.
23. This club employs extensive use of recorded CCTV and review of the same will be consistently done. Further, this club will employ undercover spotters posing as customers that will report back to senior management. Breaches of the above rules will meet with immediate and permanent dismissal. This club maintains a zero tolerance policy regarding the breaches of the above rules.
24. Upon arrival at work dancers must deposit any personal belongings that dancers are not allowed to carry whilst at work. They will be sealed in an envelope and kept safe in the office. We appreciate that dancers may wish to keep their mobile phone but must be left in the changing room and **NOT** carried with dancers on the floor. Any items not deposited with us will be kept at their own risk and we will not be responsible for loss or damage. Dancers will then be issued with a purse to carry whilst dancers are on the floor. The only items that are allowed to be in the purse are. Dance vouchers, cigarettes, lighters, small makeup items and mints any dancer found carrying any other items will be reprimanded on the spot.
25. Any other unlawful activities are strictly prohibited.

Dancer Welfare Policy & Dance Manager

The Club employs Laura Smith as our Dance Manager and it is her task to book, rota, and deal with all dancer issues. She is also responsible along with our General Manager for all Dancer ID verification together with the administration and the maintenance of all the dancer files in our dance office, which now number over 1000.

Laura also deals with dancer's confidential issues, meets with all the girls on a weekly basis and reports to the management in regard of anything she feels they ought to know in this respect. The Club finds this policy of two way communications with our dancers gives the girls confidence in our operation so that should anything need to be brought to our attention it can be done so on a confidential basis.

We also have on duty during trading hours an internal security floor manager who's specific responsibility it is to ensure there is no inappropriate contact or other interaction, as dereprimanded in our license conditions, between dancers and customers, and to politely interject should this rule be transgressed. All our dancers should be aware that this security manager is available at all times should they need assistance in this respect.

Laura Smith is available during the daytime for the dancers should they need information, assistance of any kind, or if the management need to contact them regarding work related issues.

The Company has an arrangement with Alpha Taxis who have agreed to take staff and dancers home (At their own expense). We believe it best to use a specific taxi firm for this who we have a long and happy relationship with so if any issues arise pursuant to sensitive transport home arrangements they have a direct line to our management, as we do to the taxi firm.

All dancers and staff are offered a taxi home organised by our door staff at the end of their shifts (At their own expense) if they are not being personally collected in a vehicle by a family member, partner, or friend already known to the Club Management. Our Head of Security ensures that this is dealt with properly and a record is kept of dancers and staff members who refuse this service.

Advice and procedure for dancers regarding customer 'Touching' attempts and how to avoid a reprimand or being barred from working in our Club as a result of it

Given the nature of the entertainment at our venue it is almost inevitable that transgressions of the Customer Code of Conduct will be attempted by patrons of the establishment. When this happens if dancers follow the four straight forward guidelines described in detail below they will not be held responsible for these incidents or receive reprimands because of them.

1. It is in the interests of the personal safety of entertainers and the good management of the SEV License for the premises that dancers endeavour to remain within view of the CCTV cameras at all times when they are with a customer in a VIP room or private booth. When it is observed by the

Management that a dancer is in a VIP room or private booth with a customer but cannot be seen on the CCTV cameras, or persistently moves in and out of view on the cameras, an authorized member of staff will enter the room to ascertain why this is happening and politely inform the dancer and customer that they must remain within sight of the cameras. Persistent transgressions of this guideline will result in the dancer being reprimanded.

2. If a customer tries to touch a dancer whilst she is in a VIP room or private booth (Or in any other part of the venue for that matter) the dancer, who has made sure she is in full sight of a CCTV camera, should with her arms outstretched in front of her and the palms of her hands facing downwards gesture to the customer to keep his hands down on the seat by his/her side and away from the dancer. She may also point to a CCTV camera and then with one finger pointing upwards and the palm of her hand towards the customer, turn her wrist from side to side in a 'No No' gesture, to remind the customer that the proceedings are being observed and recorded via the CCTV system, so the customer must remain within the Customer Code of Conduct as published with the Club and verbally outlined to patrons by door supervisors and/or management as the are permitted entry to the venue.
3. If the customer then proceeds to further attempt to, or actually does, touch the dancer, the dancer should cease the entertainment, repeat the gestures described in point 2 above, then step back away from the customer to the other side of the room or booth and wait for an authorized member of staff to enter. Having been alerted to the situation by the dancers previous prescribed gestures, the authorized member of staff will then politely warn the customer that if a further transgression occurs, the entertainment will be permanently stopped and the customer will be asked to leave the premises. If an authorized member of staff does not enter the room or booth promptly then the dancer should dress and exit the room or booth to call such a member of staff to her assistance in speaking to the customer as outlined.
4. Once the member of staff has exited the room or booth and the entertainment has restarted, if a further third transgression is engaged in by the customer then the dancer must immediately stop the

entertainment, step back away from the customer and get dressed. The member of staff will then call an SIA badged door supervisor to the scene who will enter the room and take steps to calmly walk the customer out of the premises.

Private Dance & VIP Sit-Down Pricing Policy

£10 One topless only dance of duration approximately 3 minutes

£20 One fully nude dance of duration approximately 3 minutes

£80 15 minutes in a private room inclusive of a number of fully nude dances

£160 30 minutes in a private room inclusive of a number of fully nude dances

£300 1 hour in a private room inclusive of a number of fully nude dances

Please Note:-

Debit and credit card payments are subject to a 20% surcharge

Quick Reference Recap On Key Points To Remember

DO

- . **Be punctual**- Arriving late/leaving early is not allowed unless cleared with Dance Division or Managers **BEFORE** your shift starts. (Cancellations must be cleared by dance division by 5pm the latest on the day of work and must be for a valid reason. Dancers will be reprimanded for not fulfilling their shifts).
- . **Keep up to date**- Check www.redleopardclub.co.uk for upcoming themed events/dress codes. Or to add us on Facebook, search 'Red Leopard Leeds'.
- . **Bring the right clothing to work**- You will be reprimanded for inappropriate clothing (See dress code below).
- . **Look after your appearance**- touch up your hair/makeup regularly throughout the night and look after your personal hygiene
- . **Be respectful**- to all dancers, staff and customers and keep a positive attitude at all times

DO NOT

- . **Touch other peoples belongings**- unless asked by that person, otherwise this is theft and will result in immediate dismissal
- . **Use your mobile on the floor**
- . **Get intoxicated**- this is for your own safety! If a dancer is found under the influence to the extent that it is affected them from working safely they will be escorted off the premises.
- . **Bring drugs into the club**- any drugs found will result in immediate dismissal
- . **Bring boyfriends/Spouses into the club**- If your partner does come in you must notify the door staff/management immediately.

Red Leopard – Direktors SEV Licence

(Insert copy of SEV Licence here)

Red Leopard – Direktors
Public & Employers Liability Insurance

(Insert public liability insurance certificate here)

(Insert employer's liability insurance certificate here)

Red Leopard – Direktors

Useful Contacts for Professional Dancers & Entertainers

Trade Associations, Publications & Websites

Dancers Information

Personal Safety, Tax Awareness, Self Employment Information & General Tips

Web: dancersinfo.co.uk

Equity

Guild House, Upper St Martin's Lane, London WC2H 9EG

Telephone: 020 7379 6000 Email: info@equity.org.uk

Web: www.equity.org.uk

Pole Dancing UK

www.poledancinguk.com

Dance Web UK

www.danceweb.co.uk

The Stage Media Company Limited

Stage House

47 Bermondsey Street

London

SE1 3XT

Tel.+44 (0)20 7403 1818

Web: www.thestage.co.uk

Advice & Therapy Concerning Dance Injuries:

Association For Dance Movement Psychotherapy UK

(To find a dance movement therapist in your area)

Web: www.admt.org.uk

Email: admin@admt.org.uk

General Health Issues & Medical Advice:

If you are worried about your health, believe you may be ill or have a specific health problem you should contact your GP or call;

NHS Direct on 0845 4647

You can also use the NHS Direct online service at the below web address;

www.nhsdirect.nhs.uk/CheckSymptoms

NB : In An Emergency Always Call 999

Immigration, Residency Status & Work Permit Issues:

Immigration Advice Service

You can contact the Immigration Advice Service to enquire about any of their services and to speak with one of their advisors on the below numbers. They are available seven days a week;

National low-rate telephone: 0844 887 0111

London: 020 7989 0005

Manchester: 0161 669 4735

Liverpool: 0151 236 7760

Sheffield: 0114 362 7077

Birmingham: 0121 718 7022

Glasgow: 0141 314 3581

Mobile: 07773399271 (Out of hours only)

Fax: 0844 887 0222

E-mail: info@iasservices.org.uk

Electronic Immigration Network

Good website with links to a lot of advice and UK Government documents concerning immigration rules, status and leave to stay and work in the UK

www.ein.org.uk

Immigration and Work Permit Issues

www.workpermit.com

HMRC Tax and National Insurance Helplines:

Income Tax enquiries

0845 300 0627

8.00am to 8.00pm Monday to Friday

8.00am to 4.00pm Saturday

National Insurance Contributions Office

0845 302 1479

8.00am to 5.00pm Monday to Friday

Self Assessment Income Tax

0845 900 0444

8.00am to 8.00pm Monday to Friday

8.00am to 4.00pm Saturday

Red Leopard – Direktors

Contacts For Crime, Substance Abuse & Personal Issues

To Report A Crime:

Leeds City Centre Police

In an Emergency always dial 999.

For Non Emergencies dial 101.

Email : cacommunity@westyorkshire.pnn.police.uk

Telephone: 0113 241 3101

Your local team may be out on patrol so please leave a detailed message on their voicemail.

Report a minor crime online to West Yorkshire Police

Go to: <http://www.westyorkshire.police.uk/contact-us/report-crime>

Personal Issues With Alcohol & Drugs

Alcoholics Anonymous

National helpline:

0845 769 7555

Website: www.alcoholics-anonymous.org.uk

12 Step Treatment Centres

No1 online resource for drug and alcohol rehabilitation centres worldwide.

020 3239 0394

www.12stepstreatmentcentres.com

info@12stepstreatmentcentres.com

Addiction Dependency Solutions (ADS)

Offers advice, information, support, and therapeutic interventions for people whose lives are affected by alcohol.

0113 247 0111 (In Leeds)

www.adsolutions.org.uk

leeds@adsolutions.org

Counselling And Mental Health Issues

If you are in need of urgent help because you are worried about your mental health please contact your GP or call;

NHS Direct on 0845 4647

Any of us at some stage in our lives may suffer from emotional or relationship difficulties and may benefit from therapeutic help, such as counselling.

Counselling is a positive process which is often associated with times of personal crisis. It may involve talking about painful parts of your life. Counselling should help you to clarify the issues about which you are troubled. This will involve you in exploring those issues in private with someone who is trained to listen and has no other role in your life. Through this confidential process your counsellor will seek to enable you to clarify your thoughts and feelings.

Counselling and psychotherapy can be helpful for a wide range of difficulties such as:

- Depression
- Relationship problems
- Stress
- Anxiety/panic attacks
- Low self-esteem
- Eating problems
- Sexual problems
- Bereavement and loss
- Trauma resulting from accident, assault or abuse

For further information about mental health services and support visit;
www.nhs.uk/mentalhealth

Anxiety UK

Anxiety UK is committed to raising awareness and understanding of anxiety disorders.

08444 775 774

www.anxietyuk.org.uk

Counselling Directory

Counselling Directory was set up to connect visitors with a wealth of information and the ability to search for the most suitable counsellor or psychotherapist.

0844 803 0240

www.counselling-directory.org.uk