

**GOSFORTH AMATEUR DRAMATIC SOCIETY
CHILD PROTECTION PROCEDURES – APPENDIX 1**

CHILDREN PERFORMING ARE RESTRICTED TO THE FOLLOWING HOURS

Topic	Age: 8	Age: 9 and over
Maximum number of hours in one day at place of performance or rehearsal (Reg.22)	8 hours	9.5 hours
Earliest and latest permitted times at place of performance or rehearsal (Reg.21)	7am to 11pm	
Maximum period of continuous performance or rehearsal in one day (Reg.22)	2.5 hours	
Maximum total hours of performance or rehearsal in one day (Reg.22)	3 hours	5 hours
Minimum intervals for meals and rest (Reg.23)	<p>If present at the place of performance or rehearsal for more than 4 hours but less than 8 hours, they must have one meal break of 45 minutes and at least one break of 15 minutes</p> <p>If present at the place of performance or rehearsal for 8 hours or more, they must have the breaks stated above plus another break of 15 minutes</p>	
Education (Reg.13)	3 hours per day (maximum of 5 hours per day). 15 hours per week, taught only on school days. Minimum of 6 hours in a week if aggregating over 4 week period or less	
Minimum break between performances (Reg.23)	1 hour 30 minutes	
Maximum consecutive days to take part in performance or rehearsal (Reg.26)	6 days	

This table is taken from Appendix A of “A Guide for Chaperones and Performance Licence Holders”, dated June 2023, from Cumberland Council Children’s Services. It omits restrictions for children under 8 as 8 is the lower age limit for participation in GADS activities.

The term “rehearsal” is defined in Regulation 2 of the 2014 Regulations and means any rehearsal for, or preparation for, a performance, being a rehearsal which takes place on the day of performance or during the period beginning with the first and ending with the last performance.