



CIRQUE SENSATION:
Etiquette & Guidelines



Please read through the follow gym guidelines and check beside each statement to indicate that you understand and agree to respect the etiquette and guidelines of the gym. Thank you for your cooperation.

BE MINDFUL OF YOURSELF

- Bring your best self to class. Make sure you are well nourished and hydrated.
- A full warm up is necessary for injury prevention and proper skills training. You are expected to participate in warm-up before engaging in aerial skills.
- Wear appropriate clothing. This will both help to protect your body, and the equipment.
- Avoid wearing clothing with any zippers, velcro, or anything that might catch or snag the equipment, this includes sequins.
- Remove all jewellery, including watches, rings, and fitbits. Anything that could snag but cannot be removed should be covered with medical tape or a band-aid.
- Trim your finger and toenails. If they snag the silks, it can rip the fabric and hurt you too.
- Inform coaches of any injuries or ailments before you begin training.

SAFETY FIRST- Safety is our #1 Priority

- Spot each other. Watching and helping others will improve your skills as well as keep other aerialists safe.
- Know what you are going to do before you get on an apparatus. Ask questions from the ground, not from the air.
- Follow proper safety procedures:
 - Always have a mat under your apparatus.
 - Make sure you use a spotter whenever required, or have someone in close proximity before getting on an apparatus.
- DO NOT attempt any skills that have not been taught to you in class.
- **No Student Coaching Please.** Students are not allowed, under any circumstances, to teach other students or anyone else, any movement, pose, sequence, or skill.
- After you have developed a strong base of technique, there is an element of sharing and growing that happens among advanced members. Respect your own personal growth and body. Do not attempt skills that are outside of your skill range. If you are unsure whether a skill is outside of your skill range, ask your instructor.

RESPECT YOUR INSTRUCTOR

- Listen to your instructor. Do not talk with your classmates or climb onto the apparatuses when the instructor is coaching.
- If you are unsure about any directions, even after instructions are given, let the instructor know before you use the equipment.
- Check with the instructor before doing any moves that are not part of the instructor's class plan.

RESPECT EACH OTHER & THE SPACE

- Share the equipment. This is a group class and everyone should have equal time on the equipment.
- Communicate openly and with respect. If you wish to use an apparatus, or plan to use a piece of equipment for an extended period of time, make sure to get approval from your instructor and classmates and to communicate this openly and with respect.
- Please observe good personal hygiene in consideration of general cleanliness of the equipment and all participants. Deodorant is recommended in consideration for the equipment and your classmates.
- Put equipment back where you found it! We encourage you to move mats, props, and other elements around to support your training but make sure you put it back where it belongs when you are done with it.
- If you make a mess, clean it up!

RESPECT THE ART

- Please respect the art. Cirque and Aerial Arts is a highly trained and respected sport. Safety and proper technique is a fundamental element of everything we teach. Special equipment is purchased and specialized equipment care is done to maintain the highest quality and safest practices within the sport. Before training new skills or purchasing equipment for personal use, make sure you have explored all areas of safety and technique with a coach. This is a beautiful form of training and expression; let's keep it that way by respecting the art!

I, _____, confirm that I have read the above document, and agree to abide by the guidelines stated in the document to the best of my ability. I understand that failure to do so may result in receiving verbal and written warnings, and/or early termination of a class. I understand that should I be asked to leave, that my class fees will not be reimbursed.

Signature: _____ Date: _____