

## NEW STUDENT GUIDE



## WHAT TO WEAR

Wear comfortable attire that makes you feel sexy — beginners often wear athletic shorts and a tank. We also encourage layers to help your body warm up.

As you advance, you will need more bare skin to grip the pole, but we ask that all of the bits stay covered!

Heels and knee pads are always optional but are sometimes recommended depending on the class.



## WHEN YOU GET HERE

On arrival, students may enter the studio 5 minutes prior to scheduled class time.



## DURING CLASS

**Personal Belongings:** Street shoes can be stored in the shelf at the door and personal items stored in the cubbies. Keep your water bottle, grip aids, or any other items you want with you on the floor at your pole, out of the walkway.

**Poles:** You will be assigned to a pole. We refer to the poles by number, starting with pole 1 near the entrance. Your instructor will be on pole 3.

**Cleaning:** An alcohol spray bottle and clean rag will be provided to clean your pole at the beginning and end of class, as well as during.

**Speak Up!** Make sure your instructor knows of any past or current injuries or physical limitations. Anytime you need additional explanation or have any questions, let your instructor know.

**Class Structure:** Most classes run 1 hour and include a 15 minute warm up and 5 minute cool down.

## ALL THE COVID STUFF



**Screening:** Each class, your instructor will greet you at the door with a contactless thermometer and log your temperature. If you have a fever of 100 degrees or more, we'll ask you to come back when you are asymptomatic. **Please stay home with any ailments that don't have you feeling 100%.**

**Facial Coverings:** Required for all group classes.

**Restroom:** One restroom is accessible throughout your class time. Each student is responsible for using the sanitizing wipes provided on anything they touch in the restroom.

**Social Distancing:** Poles are 6 feet apart — please stay at your pole throughout the class, or announce your need to move around the studio, giving the opportunity for other participants to move out of the way.

## BASIC TERMINOLOGY



**Inside Arm or Leg** refers to the arm or leg that is closest to the pole, while **Outside Arm or Leg** refers to the arm or leg that is farthest from the pole.

Many tricks go by different names, so don't be thrown if you've heard a trick called something else!

## ABOUT OUR POLES



The 5 poles are X poles with spin and static capability. Your instructor will set them prior to class. The poles have a chrome finish, measure 45 mm circumference, and are 11 feet tall.

## IN CASE OF EMERGENCY



Identify the door you come through as the primary entrance and exit. In case of an emergency the back door is fully functional. Instructors have a protocol to follow for emergencies or incidents — please follow their direction in such an event.