

## **Health and Safety**

**Students and Parents should accept responsibility for their own health and safety and act accordingly.**

**Crash mats should be used at all times.**

**Do not touch the equipment until told to do so by an instructor.**

**Do not touch the rigging, if you need equipment lower/higher please ask.**

**Please dress appropriately. Burns from silks/sling are common on exposed skin.**

**No jewelry. It can get caught in equipment and cause serious injury.**

**Please only perform moves your instructor instructs you to do.**

**Do not try to teach each other. If you attempt to teach another student something and they do it wrong and hurt themselves will you take responsibility for it?**

**Do not allow yourself to fall down, crash onto the crash mats. They are there to assist you should you accidentally fall. They will not protect you if you fall awkwardly. You will become stronger, fitter and a better performer if you mount and dismount the equipment correctly.**

**Please respect your instructors advice and guidance. They have vast experience and qualifications and will know what moves you are capable of learning. If they refuse to teach you a move there will be a good reason.**

**Parents watching from the reception area, please do not shout down instructions to your child. It distracts the class, is off putting for the child and unless you are an instructor you are not qualified to teach.**

**Of course general encouragement is welcome.**

**Aerialist in the air take priority, please do not sit on, walk across their crash mat or go too close to them while they are in the air, if they kick or land on you that's your fault for getting in their way.**

**The Aerial Arts by its very nature contains an element of risk. Aerial Allsorts and its instructors will do everything they can to reduce that risk and we ask that you do the same.**

**Please be aware that any exercise carries certain risks, this maybe but not limited to High Blood Pressure, Fainting, Dehydration, Nausea, Light Headedness, Muscle Pain, Joint Pain and Pulled Muscles.**

**Aerial Fitness also contains the additional risk of Bruising and Friction Burns from the equipment and also as we sometimes work at height the risk of falling from height.**

**By taking part in our classes you accept this risk.**