

Practice Session Policy

By booking an Aerial or Pole Practice Session please be aware of the following :

- **We recommend you hold your own insurance against injury or accident.**
- **This is not a taught session, you are merely renting our equipment for your own unsupervised training.**
- **Under 18s should be supervised by a parent, guardian.**
- **We advise you do not attempt to teach yourself new unfamiliar moves.**
- **Do not attempt to teach or guide others.**
- **You are responsible for your own training and actions and therefore Aerial Allsorts Plymouth will not be responsible for any injury or accident.**
- **You should use a crash matt at all times.**
- **You should practice good technique and safe practice at all times.**
- **Do not adjust the rigging, please ask an instructor to do this for you.**
- **If using your own equipment it should come from a reputable supplier, in good condition and Aerial Allsorts Plymouth will not be responsible for equipment failure.**
- **Please consider other studio users, for example if practicing a routine music, costumes, movements should be suitable for all studio users.**