

## **General Rules**

Please wait in reception area until the instructor calls you down to the studio.

Please inform your instructor of any injuries, illness or pregnancy.

No open top drinks or food in the studio areas.

No jewelry of any kind.

No zips on clothing.

Please wear appropriate clothing. Friction burns are common on silks and sling and if your skin is exposed you will get burns! No crop tops. No Shorts for Aerial.

Long hair must be tied back.

Do not touch the equipment until an instructor gives you the all clear.

Do not touch the rigging. Please ask if you need equipment higher/lower.

Crash matts must be used during classes and practice time.

While practicing, renting equipment please do not attempt moves you are unsure of and not 100% confident in. Do not attempt to learn moves from social media.

Please do not teach each other.

When taking a class please follow the instructions your instructor is giving you.

Parents and observers please do not instruct from the balcony area.

If you miss the warm up you may be refused entry to the class.

Expect to be spotted, this means the instructor may put their hands on you! If you have an issue with being touched please inform your instructor.

Please ensure when booking any class your emergency contact details are up to date incase of medical emergency.

All students and parents are expected to behave in a friendly, sharing, respectful, welcoming manor to all other students, parents, instructors and visitors.

This includes whilst at the studio and representing Aerial Allsorts Plymouth at events, showcases competitions and other related activities.

Please follow instructors instructions at all times.