

Health & Safety Policy

POLE TRICKS & AERIAL exists to advance the education of young people in the knowledge, practice and appreciation of all aspects of Aerial Skills in a safe and supportive educational environment in which they can develop and have fun.

Our promise to you:

1. To provide a safe, supportive environment to engage and learn aerial activities.
2. Encourage you to develop skills in aerial disciplines and overcome personal fears.
3. Provide fully qualified & DBS checked coaches to aid your learning.
4. Ensure that all classes are prepared in advance and designed around each individual group.
5. Ensure that all sessions are fun.
6. Value participants equally regardless of age, disability, gender, race or religion.
7. Not tolerate any form of discrimination or bullying.
8. To challenge you.
9. To reassure you that safety is our top priority.
10. To always be available for any questions or concerns from participants, parents or schools.

Our expectations from you:

1. Play an active part in supporting our H&S/Class practices.
2. Behave in a controlled manner at all times in class.
3. Support others in their learning and development.
4. Aerial skills is about teamwork, be willing to work as a collective team.
5. Arrive on time to all classes and rehearsals ready to start.
6. Arrive with correct clothing, shoes and no jewellery.
7. Behave in a cooperative way during classes.
8. Have fun!

Aerial skills safety is our number one priority at POLE TRICKS & AERIAL. Learning aerial disciplines can be dangerous and our job is to be aware of these dangers and meet all of our safety guidelines to ensure that every participant is kept safe at all times during classes.

Participant Safety Studio Rules:

1. Do not use the equipment outside of classes.
2. Do not use equipment without a coach/spotter.
3. Only moves taught by the instructor may be performed in class.
4. Do not attempt to teach another student.
5. No running around the equipment.
6. Listen to your coaches' instructions at all times.
7. Dress appropriately for classes. No Jewellery.
8. No gum at classes.
9. Always have a crash mat under the equipment.
10. And a spotter when performing new moves.

We will ensure:

1. Every child on ground equipment will have a coach/spotter with them.
2. Every child on aerial equipment will have a spotter and safety matting beneath them. They will work within their abilities and be challenged safely.
3. Precautions will be taken to ensure safety of participants on all aerial equipment.
4. All participants will be supervised throughout scheduled class times.
5. Each group will have an allocated coach and volunteers (depending on size of group).
6. All equipment is inspected before each class by the instructor. This ensures that all equipment is safe to use.

Emergency Procedures

If in the event of an emergency please listen to coaches instructions. Coaches will ensure they have everyone registered in at the start of the session and lead everyone to safety.

Injuries & First Aid

A first aider will be present at all times during classes. In the event of a minor injury we will have ice and a first aid kit available. While in class:

1. Ensure that you listen to your coach and use the equipment as instructed to do so.
2. Water breaks will be given frequently. Please bring your own water bottle.
3. A register will be taken at the start of each session so we can ensure we can account for everyone in an emergency.
4. No food in workshops. Water allowed.
5. No chewing gum in the studio & in class.

Child Protection

Spotting and Keeping individuals safe.

It is common practice in coaching circus to use manual spotting techniques in order to keep participants safe, which may involve direct physical contact. This is the only way of ensuring each child's safety. All Coaches hold enhanced DBS certification.

Appropriate clothing/Hair

1. Please wear something that you feel comfortable moving about in. Legging/leotards are great as well as jogging bottoms with no zips. Please ensure that your armpits, mid-riff and knees are covered up.
2. No zips, buttons or sequins that are sewn on.
3. No jewellery will be allowed in class.
4. Come along in trainers but you may need to be barefoot for some parts of the session.
5. Long hair tied up.

General

1. Learning aerial can be very demanding. It is common for participants to feel uncomfortable trying something new. The reward comes from the achievement so we encourage all participants to overcome barriers that they are faced with.
2. Please be aware that certain aerial activities can cause minor bumps and bruises like with any sporting activity.

Rules

In class we have 10 rules that we will go over with participants at the start. It is important that all of these rules are followed. These rules have been covered in other areas of this document but are what we call our "Ten Golden Rules".

1. Only use equipment when supervised by a coach.
2. Always walk around circus equipment.
3. Never run.
4. Speak in a normal voice. No yelling or screaming.
5. Arrive to class on time.
6. Dress appropriately for classes. No Jewellery and tie long hair up.
7. Do not eat food or chew gum at rehearsals.
8. Foul language is unacceptable. Respect your coach and each other.
9. Ensure hair is dry when arriving to class.
10. Have fun!