

## Principles for Safe Training

**Never train if you are alone in the building.**

**Warm up and warm down properly to avoid injury.**

- Ensure that you have prepared your body for physical activity with a balanced, comprehensive warm up. Most taught sessions start with a tutor led warm up, but if necessary augment this with an appropriate individual warm up.
- Keep warm throughout the session and stretch intermittently, and make sure you warm down at the end. Your tutors should be able to offer advice on appropriate warm ups, warm downs and stretching.

**Be responsible for your own safety - General:**

- Always make a visual check of equipment before using it, even in taught sessions.
- Never train or teach under the influence of any drug. Drugs, including alcohol impair your judgement. For prescribed medicines, check with your doctor before you train.
- Never work or pass underneath anyone working at height.

**Be responsible for your own safety – Private training:**

- Always use an exclusion zone if working with objects that could invade another's space.
- Tell other users what you are about to do if there is any risk that it could affect them.
- Use appropriate safety equipment and spotting, including crash mats for all aerial training and other training at height.
- Do not attempt things that you don't know fully how to do, or are beyond your current ability.
- If you are trying something new that you feel is at the limit of your ability please ensure that you are supervised by somebody who is capable of teaching that particular move and consider being spotted.
- Always use the low bar for new/unfamiliar moves and ensure that you have sufficient spotters to ensure safety.
- As a beginner, you should only practice moves that have been taught by a tutor at Greentop or other venue until you are capable of judging what moves are appropriate to your level of: strength, flexibility, stamina, and head for heights.
- Accept that not every move is suitable for every aerialist.

**Be responsible for your own safety – Taught sessions:**

- Always inform the tutor if you have any illness or injuries.
- If you're not sure or don't fully understand something, always ask, don't take unnecessary risks.

**Teaching**

- Don't teach things that you are not competent to teach to others.
- Do not teach if you are unsure about how to spot or feel that the move is beyond the student's ability.
- Make it clear to your students that they must ask if they are not sure of a particular move and to not attempt a move they have never done before unless supervised.

**What to wear**

As a general rule (not aerial) loose fitting, comfortable clothing is suitable for training.

No outdoor shoes are allowed for training.

For aerial, wear close fitting garments such as leggings and leotards. Tight fitting t-shirts and tracksuit bottoms are also suitable. Please avoid clothing with belts, studs, sequins, diamante, zips or button fastenings which can get caught in the equipment. It is recommended that legs and arms are fully covered to avoid injury from the equipment.

All jewellery must be removed and any body piercings must be removed or taped. Long hair should be tied back. Also ensure nails are cut short.