



CIRQUE DE SILK
AERIAL ARTS

Version no: 10













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Risk assessment form

Task	Studio - The Aerial Attic		Issued (DD/MM/YYYY)	28.04.2023	Assessment No.	45
Client/ contract	Crispin Hall	Site address/location	83 Highstreet, Crispin Hall, Street, Somerset, BA16 0EZ			

People at risk	Employees	Older Workers	Young workers	New or expectant mother	Disabled	Public	Students	Other.....
Tick / ✓	✓		✓	✓		✓	✓	

Tick all relevant hazards boxes below - where 'Other' is selected add a clear description in the 'Task specific hazard' description overleaf.

Slip / Trip Hazard	Manual Handling	Tools Equipment	Falls from height	Hazardous Substances	Vehicle	Open Water	Indoor/ Outdoor Hazard	Verbal /Physical Assault	Adverse Weather	Lone Worker	Other...
 ✓	 ✓	 ✓	 ✓	 ✓			 ✓	 ✓		 ✓	

Type of Premises: Tick all relevant premises boxes below - where 'Other' is selected add a description.

Hotel	Retail	Healthcare	Park/ gardens	Leisure	Commercial	Transport	Private Sector	Warehousing	Other
				✓					



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Task specific Hazard(s)	Pre control Risk rating			Control measure(s)	Post control Risk rating		
	Low	Medium	High		Low	Medium	High
Slip / Trip Hazard			H	<p>Experienced Instructors to visually assess the work environment and surface prior to setting up equipment to ensure suitable and safe for the activity/performance.</p> <p>Experienced Instructors to brief students on equipment and work environment.</p> <p>Access to equipment to be monitored and controlled for experienced or supervised beginner students.</p> <p>If crash mats are slipping on the floor use the carpet grip mats to avoid any slipping on the mat.</p> <p>Ensure any toys or props are tidied away after every class. Crash mats, and equipment to be tidied away after each class.</p>	L		
Manual Handling		M		<p>Experienced Instructors to be taught safe handling procedures for lifting, handling and transporting equipment.</p> <p>Sufficient number of instructors to assist in equipment movement and installation as required for safe operation.</p>	L		



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				Equipment storage enables equipment to be positioned correctly to lift and move the apparatus safely.			
Tools/Equipment		M		<p>Experienced Instructors to visually assess the work environment and surface prior to setting up equipment to ensure suitable and safe for the activity/performance.</p> <p>The equipment used in accordance with the manufactures instructions. Working Load of Aerial Silk not to exceed 95kg.</p> <p>Experienced Instructors to be taught equipment visual check procedures. The equipment to be visually checked prior to use. The equipment to be fully inspected twice annually by LOLER inspector.</p> <p>Teachers will visually inspect equipment before each class to ensure there are no frays, burns, cracks, damage to rigging equipment. More than 10% wear and we dispose of the equipment.</p> <p>Equipment found to be defective is not to be used and to be removed from working space if possible. Alternatively signage to be erected that equipment is not to be used and access controlled.</p>	L		
Tools/Equipment Use			H	<p>Beginner students prior to equipment operation to be asked if any health reasons that prevent safe operation of equipment.</p> <p>Experienced Instructors to inform students recommended clothing to assist in movement and operation of equipment.</p>	L		



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				<p>Experienced Instructors to supervise students with spotting techniques.</p> <p>Experienced Instructors to teach students application of principles for Aerial movement with single student equipment operation and multiple student equipment operation depending on skill level of the students.</p> <p>The maximum numbers of students per equipment not to exceed manufacturer guidelines.</p>			
Falls from Height			H	<p>Experienced Instructors to set up equipment to provide safe access and landing from the equipment.</p> <p>Teachers are trained in how to use the ladder safely when rigging equipment.</p> <p>Experienced Instructors to teach students application of principles for Aerial movement and instructions for safe mount, movement and dismount from equipment.</p> <p>Experienced Instructors to supervise and assist students working at height with spotting techniques and observations.</p> <p>Rigging must be checked at least twice to ensure it is safe to use, carabiners will be turned down to avoid them untwisting. (They would have to fight gravity to untwist)</p> <p>General rigging inspection of the equipment before rigging in the space – checking silks, hoops, strops, bow shackles, carabiners and swivels.</p>		M	



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				<p>Experienced Instructors to teach movement tasks to the skill level of the students (beginners, intermediate, advanced).</p> <p>First aid kit is in office. (Ice packs included)</p> <p>Foam mats to be put down in between crash mats if student finds their feet hitting the floor, to soften the floor underneath their feet.</p> <p>Safety mats to be used at all times.</p> <p>Accident/Incident response from first aid trained Instructors or venue staff.</p>			
Hazard Substance		M		<p>The equipment to be used in accordance with the manufactures instructions.</p> <p>Equipment cleaning using non-hazard substances and protective gloves and clothing to be used as recommended.</p>	L		
Indoor/Outdoor			H	<p>Experienced Instructors to visually assess the work environment and surface prior to setting up equipment to ensure suitable and safe for the activity/performance.</p> <p>For internal use, fire evacuation procedure and site maximum occupancy to be provided by premises manager.</p> <p>For external use, monitor contributory risks such as interaction with members of the public, verbal/physical interaction. Experienced Instructors to avoid lone working and be accompanied. Access to equipment to be controlled. *Refer to adverse weather.</p>	L		



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Lone Worker		M		Experienced Instructors to avoid lone working where possible. Train with others in the space and always have crash mat under equipment. Aim to rig with another teacher or person in the space. Have a phone always nearby.	L		
Other							

Assessors Statement:

Having reviewed the hazards and risks, the level of risk and the key risks, I believe that if the control measures identified are applied Cirque de Silk will, so far as is reasonably practicable, have met the requirements of this assessment.

Date Completed (DD/MM/YYYY) 28 / 04 / 23

Print: Phoebe Hoyle
Role: Company Founder
Signature: Phoebe Hoyle

Assessment review due (DD/MM/YYYY) 28 / 04 / 23

Safe System of Work (SSoW) / method statement

The competent risk assessor must decide whether there is a need to develop a Safe System of Work / Method statement to support the task specific risk assessment. These can be provided with a simple written series of instructions.



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Task	Aerial Arts Classes/Workshops	Assessment No.	3
Additional Workplace / Task Precautions			
Information, instruction and training			
Recommended clothing			
Site Specific Emergency Arrangements			
Specialist tools / equipment required			
First aid arrangements			
Other safety information			
Safety Checks Work Environment	Work environment will be thoroughly visually inspected by competent person (Experienced Instructors). For internal use, fire evacuation procedure and site maximum occupancy to be provided by premises manager.		
Safety Checks Equipment	Equipment used will be inspected on a twice annual basis by LOLER inspectors and recorded correctly. Prior to installation, all equipment will be thoroughly visually inspected by a competent person. Upon each inspection a checklist will be completed, to highlight any hazards or defects with the equipment prior to installation and following installation but prior to class. Equipment Inspection: <ul style="list-style-type: none">• Aerial Rig: check joining and fixtures, ensure securely fixed.• Rescue 8: check wear and tear		



	<ul style="list-style-type: none">• Aerial Hoop : check for rust and dents• Silk Fabric: checking wear and tear• Crash Mat: checking for rips and tears in proactive cover <p>Defect Reporting:</p> <p>All defects found must be noted on checklist and reported to the Senior Instructor. A class must not proceed with faulty equipment. The faulty equipment must be left out of use and access controlled until serviced and confirmed safe. Students are briefed during induction that any damage subsequently caused during a class, must immediately be reported to the instructor.</p> <p>All defects found must be recorded on the Equipment Faults and Repair Tracker, with details of when the fault was found and rectified before the equipment is able to put back into use.</p> <p>Refer to Appendix:</p> <ul style="list-style-type: none">• Equipment Inspection Certificate• Equipment Inspection Checklist• Equipment Faults and Repair Tracker
Installation of Equipment	<p>All Instructors required to erect the equipment will be trained and informed of safe movement and manual handling.</p> <p>Instructors will conduct in-house training for equipment belonging to them.</p> <p>Protective crash mats must be placed beneath the aerial equipment before class is able to proceed.</p>



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<p>Aerial Work Instruction Method</p> <p>*Pre-Session Safety Briefing:</p>	<p>A safety information briefing will be verbally communicated to students. All new beginners will need to be informed of the evacuation procedures. The information provided by the Premises Manager corresponding to the site emergency action procedure</p>
<p>Aerial Work Instruction Method</p> <p>*Pre-Session Student Information / Health Indicator/ Disclaimer Form:</p>	<p>All students will be asked to inform the Experienced Instructors of any health information, including injuries. The Experienced Instructors should risk assess whether a student may participate in the session depending on the information given.</p> <p>A Student Information / Health Indicator/ Disclaimer Form (including emergency contact) must be completed by all students prior to participating in Aerial work. All Students will be made aware within the disclaimer form, the nature of the aerial sport so every student can make an informed decision before participating in the class.</p> <p>Refer to Appendix:</p> <ul style="list-style-type: none"> Student Information / Health Indicator/ Disclaimer Form
<p>Aerial Work Instruction Method</p> <p>*Working at Height</p>	<p>Teaching methods are a combination of demonstration and instructions from Experienced Instructors. Each student follows the same criteria. Beginner students start by learning basic aerial climbs and movements at a low height.</p> <p>When the beginner student is ready to execute the move, this will be done approximately 1ft off the ground. This enables the Experienced Instructors to provide assistant as necessary from a low height. Beginner students learning Aerial Work will not exceed 3m in height, most movements will be taught at standing height or just off the floor</p> <p>When a beginner student has performed a move at low height multiple times and the students proves the mechanics of the movement have been understood and executed with accuracy and confidence, the student will be able to take this movement to a higher level.</p> <p>Basic moments include:</p> <ul style="list-style-type: none"> Russian Climb



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	<ul style="list-style-type: none"> • French Climb • Hocks Climb • Foot Lock (this move is practiced on the floor with silk fabric or long towel) • Movements from Foot Lock
<p>Aerial Work Instruction Method</p> <p>*Session Plan</p>	<p>An Aerial work session plan is prepared and followed by Experienced Instructors.</p> <p>Warm Up:</p> <ul style="list-style-type: none"> • A warm up will be conducted to prepare the body both physically and mentally, to minimise the risk of injuries. • To increase body temperature 5-10 minutes jogging and side skip. • To reduce muscle stiffness 5 minutes dynamic stretching exercises, focusing on the major muscle groups (hamstrings, quadriceps, upper back and triceps). • To prepare for the aerial work session 10-15 minutes general and event specific drills (leg raises, press up (elbow in to target the triceps and abdominal crunches). <p>Conditioning:</p> <ul style="list-style-type: none"> • Throughout the class 10-15 minutes of specific Aerial Work conditioning exercises. • The students will rota allowing each student the opportunity for their body to relax and recover, reducing the risk of muscle fatigue. Each student will work to their individual fitness and skill level taking rest breaks as needed for that student. • Conditioning exercises will take place on the floor or using the Aerial equipment. <p>Conditioning exercise include:</p> <ul style="list-style-type: none"> • Straddle Lifts • Pull Ups • Leg Lifts <p>Practice Movements</p>



	<ul style="list-style-type: none">Students will practice the movements instructed and performed 10-15 repetitions of the movement. <p>Cool Down:</p> <ul style="list-style-type: none">Finishing the class with a 5-10 minute cool down session, including stretching out the muscles and preparing the body for stopping the activity.
Equipment Dismantle and Storage	Experienced Instructors to dismantle the equipment used following each session. Equipment to be stored appropriately and carefully to reduce the likelihood of damage and wear to the equipment. Carabiners, swivels and figure 8s to be stored in our rigging box in office. Strops to be hung up with matching lengths in the office. Silks to be stored in Kalax in office. Hoops stacked and stored in office.
Accident/Incident Reporting	<p>The Experienced Instructor will follow the Premises Manager site emergency action procedure of the centre in which the class takes place.</p> <p>For any accident/Incident occurrence, the relevant accident report form must be completed by the Experienced Instructor, and kept as record of this incident if later required.</p> <p>In the event of a serious injury the emergency services must be contacted by dialling 999 and the students emergency contact should be informed by the Experienced Instructor as soon as reasonably possible following the incident.</p> <p>Refer to Appendix:</p> <ul style="list-style-type: none">Accident Report Form
Training	<p>There is currently no formal teaching qualification for Aerial Work, however each Experienced Instructor is trained and experienced in Aerial Work. In addition each Experienced Instructor is trained and has other fitness/teaching/Artistic qualifications.</p> <p>The Experienced Instructor will only teach students to a level in which they are competent. In the event a student rises above that level of the Experienced Instructor, they must obtain assistance from a more advanced Experienced Instructor.</p>



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	<p>The founder and Senior Experienced Instructor of Cirque de Silk, has successfully completed various Aerial Work Training, other Performing Professional Training.</p> <p>Refer to Appendix:</p> <p>Senior Experienced Instructor Training Record</p> <ul style="list-style-type: none">● Rigging Course for Professional Aerialists with High Performance● National Centre for Circus Arts Youth event● EADF 2022● Rogue Play > Professional Aerial Course● Tori McGrory > Professional Aerial Course● Alex Allen > Aerial Course● Aerial Southampton > Teaching Apprenticeship Course & Training● DSL Training● Child Protection Course● Prince's Trust Business Course & Mentoring Programme● The Island Bristol > Aerial Training● The Albany Bristol > Aerial Training● First Class Honours > Outdoor Performance BA (Hons) Winchester University● First Aid Trained 2018● Paediatric First Aid 2018
Public Liability Insurance	<p>Each Experienced Instructor will have their own Public Liability Insurance Certificate with cover up to £10 million to cover instructing and performing. The company is also insured by First Act Hiscox Insurance which covers public & employee liability, breakdown & equipment insurance.</p> <p>Refer to Appendix:</p>



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- Public Liability Insurance Certificate
- First Aid Training
- Designated Safeguarding Lead
- DBS
- Chaperone



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Ensure you follow the task/ site specific information, instruction and training provided to you at all times.

Risk assessment / SSOW /method statement - Sign off sheet

Assessment completed	Annual Review (12 monthly)	Annual Review (12 monthly)
Senior Experienced Instructor/Assessor Signature: Date: 28/04/23	Senior Experienced Instructor/Assessor Signature: Date:	Senior Experienced Instructor/Assessor Signature: Date:
Review of the task and associated hazards is to be carried out annually.		
Declaration by employee involved in the activity detailed above I fully understand the activity outlined above and the risk control measures that I must use. I have received sufficient information, instruction and training to enable me to conduct this activity with the minimum of risk to myself, or others.		



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Experienced Instructor Name:	Signature:	Senior Experienced Instructor Name:	Date:	Experienced Instructor Name:	Signature:	Senior Experienced Instructor Name:	Date:
Phoebe Hoyle		Phoebe Hoyle	28/04/23				
Jemma Green		Phoebe Hoyle					
Talulah Jones		Phoebe Hoyle					
Asha Pathy-Barker		Phoebe Hoyle					
Hettie Parramore		Jemma Green					
Lea Walder		Jemma Green					
Emma Czelusta							