



CIRQUE DE SILK
AERIAL ARTS

Cirque de Silk : Code of conduct **You must comply to the following rules at all times.**

General Rules

- Only proceed to the apparatus and equipment when under supervision of an instructor
- To follow instructions given
- Not to damage or mishandle any equipment
- Aggression physically or verbally will not be tolerated
- Any defective equipment or hazards found within the class environment must be reported to an instructor
- Not to progress to a height or movement beyond which has been taught to you
- To report to an instructor any incidents or accidents that occurred within the lesson
- To inform the instructor of any current/past injuries and medical conditions. Some conditions may restrict you from participating
- Payments for kids classes are made through a standing order. The standing order must be set up by the 1st of every month. If you cannot pay the monthly fee the student please let us know. If the student does not want to continue, they will be removed from our class list and we will replace them with someone from the waiting list.
- Adult students book onto our courses through bookwhen this works as first come first serve each course.
- Classes/courses must be paid in full prior to the first class to guarantee your space
- It is the students responsibility to arrive at the venue on time to ensure enough time for warm up to prevent injury or strain. For safety reasons students will not be allowed on the equipment without completing the required warm up. (this is not optional)
- To prevent injury and ensuring safe practice; our students should not practice any of our class content outside of Cirque de Silk's classes without a professional instructor.

Uniform/Clothing

- It is advised to wear long leggings/trousers to prevent any fabric burns on the silks. You may also want to bring a long sleeved top/jumper incase we are attempting any moves that may cause friction burns on the arms.
- Footless tights or barefoot for silks. Socks can be worn for hoop.
- Training/gym gloves are recommended if you struggle with the grip in an aerial hoop class.
- No jewellery should be worn throughout class, this is to prevent damage to the equipment and to avoid injury for our students

Cancellation Policy

- Cancellations are only permitted in exceptional circumstances.
- No refunds can be issued for any missed session.
- If you know you will miss a session due to holidays etc. Please insure you inform us at a month in advance or at the latest 14 days in advance so we can try and do our best to offer you a catch up lesson in another class that week. Catch up classes are depending on whether we have availability in the week, we can not 100% guarantee a catch up class so please be aware when making a booking.
- Workshops and events are non-refundable, please be aware of this when making a booking. We only refund you a ticket for a workshop or event if we have had to cancel.

Media Footage

- Cirque de Silk may take photos or videos throughout the class to use as promotional and marketing material. If you do not wish to be included in this footage please inform our instructor before class.
- Please do not video the instructors teaching/demonstrating aerial class content unless it has been approved by our instructor.
- If you are recording a video or taking photos during class for learning purposes please ensure that the other students are happy to be in the background.
- At Cirque de Silk's events photography and videos will be taken for promotional and marketing material. If you do not wish to be included in this footage please inform the teacher and the photographer prior and on the date of the event.

Cirque de Silk's aerial equipment is thoroughly examined every 6 weeks. Instructors hold public liability insurance, first aid training and are DBS certified.

I acknowledge that my participation in aerial arts classes entails known and unanticipated risks that could result in serious injury; damage to myself, to property, or to third parties. By accepting our terms and conditions I have acknowledged the risks involved and indemnify any instructors against injuries you may incur whilst participating in these activities.