

Safety Activity Checkpoint Aerial Fitness



Council Approval: Not Required
Activity Permitted For: C, S, A
Includes:

- Silks
- Hoops
- Trapeze

About Aerial Exercising

Aerial Fitness is more than just a fun activity. Using silks, hoops and trapeze, it provides a range of health benefits that target physical strength and support a positive mental state by fusing together a variety of activities and skills such as, stretching, Pilates, cardio, strength training, concentration, and fun.

This is a great way for girls to get healthy outside of the normal gym workout. Aerial Fitness allows for freedom of all body types, personality types, and those with different skill levels for reviving or restoration. Aerial Fitness has a special focus on 3-dimensional movement, conditioning, joint rotation and mobility.

Aerial Fitness uses a variety of equipment to support and suspend the body utilizing your natural body weight and gravity to:

- lengthen
- strengthen
- contract
- extend muscles
- improve posture,
- add gentle traction effects and optional inversions
- align joints.

Learn More:

- [American Circus Educators](#)
- [Circus Safety Strategies](#)
- [Aerial Essentials](#)
- [Guide to Safety in Circus Arts](#)



PHOTO: BETH BLANEY

Include Girls with Disabilities and/or Special Needs

Talk to girls with disabilities and/or special needs and/or their caregivers. Ask about needs and accommodations. Contact the location in advance and ask about accommodating people with disabilities. For more information:

- [Aerial Yoga for Wheelchair Users](#)
- [Children with Special Needs Soar in Circus](#)

Safety Activity Checkpoints

Assess participants' maturity level. Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others.

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong, such as, an accident, physical injury to a girl, missing girl, or sudden illness.

Verify instructor knowledge and experience. Instruction is to be given by an adult with experience teaching and/or supervising Aerial Fitness for the ages involved, has necessary certifications, or has substantial documented experience. Ensure that the instructors have the appropriate qualifications and skills to undertake all aspects of the course, that they are aware of their responsibilities, and that they are willing to comply with the relevant legislation.

Select a safe site:

- Location and equipment are cleaned, sanitized, and free of debris and/or odors.
- Care and storage should be taken for the proper maintenance of equipment in accordance with the specifications set by the manufacturer.
- Any broken or damaged equipment should be removed immediately.
- Safety mats/nets are clean and placed appropriately under participants.
- All stations should have well-maintained rigging and set up that is inspected by a certified person on a daily basis, as well as regularly scheduled inspections based on your local regulations.
- Enough information and guidance are provided to ensure that the risks involved in a lesson are minimized.
- Participants are taught how to properly and safely use the equipment.
- Ensure that no student can access the equipment without supervision.
- Ensure that when girls are participating in activities that do not provide a harness, they cannot be more than 6 feet from the ground.
- Facility should have enough ventilation and temperature control for the space.

Girls learn about and prepare for aerial fitness. Instructors teach a set of readiness instructions and commands. All participants should use gentle muscle warm-up and stretching activities before beginning physical activities. Instructors must describe the objectives, safety procedures, and hazards to the participants before beginning an activity.

On the day of the Activity

Dress appropriately. Make sure girls and adults wear clothing that is comfortable, snug fitting, covers the knees. Have the appropriate foot wear by activity. Avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Tie back long hair.

Ensure the instructor reviews the rules and operating procedures with girls beforehand. The instructor covers safety procedures, including:

- No gum or candy

- Drinking plenty of water and resting when tired
- Being aware of other participants

Safety and Required Gear

Hoops, silks or trapeze equipment

- Harnesses and safety nets for trapezing
- Harnesses potentially for silks



Photo by Jeff Gritchen, Orange County Register/SCNG