



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](#)

Making Activities Accessible

In order to make your activity accessible to girls of all abilities, it's important to communicate with all girl attendees and their caregivers to learn about and accommodate their varied support needs. For resources and information on accessible sport and adventure activities, visit [Move United](#).

For more information:

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

Equity

In addition to physical and social-emotional disabilities, consider the history, culture, and past experiences of the girls in your troop that could affect a girl's ability to equally participate in an activity. Work with girls and families to understand how an activity is perceived. Ensure that all girls and their families feel comfortable that they have access to whatever is needed to fully participate, such as the proper equipment, prior experiences, and skills needed to enjoy the activity.

Safety Activity Checkpoints

Standard Safety Guidelines. Refer to the "Standard Safety Guidelines" in the [Introduction to Safety Activity Checkpoints](#) which apply to all Girl Scout gatherings and activities. When the adult-to-girl ratio, or other safety parameters, are stricter for a specific activity than in the Standard Safety Guidelines, always follow the stricter parameters in the activity chapter.

COVID-19 Guidelines. Review the "Coronavirus Safety in Girl Scouts" section in the [Introduction to Safety Activity Checkpoints](#) under the "Standard Safety Guidelines" section and be certain to consult with [GSNorCal's specific COVID-19 guidance](#). When applicable, always call ahead to the vendor, property or facility involved to check for their COVID-19 safety requirements as you prepare to take girls for this activity.

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.

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

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.

Contact the location regarding any physical concerns. Students with certain health conditions, and/or existing or previous injuries, should contact the vendor prior to registration. Typically, anyone over 200 pounds should contact the vendor to discuss safety and other considerations.

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

