



BU Dance Program: Aerial Dance Policies

5/29/2018 - BU Dance Program

RESPECT FOR INSTRUCTORS COMPETENCE AND DECISIONS...

The instructors will respect the skill, competencies, and can-do attitude that students bring, as well as their interpersonal boundaries and privacy.

1. It is expected that all students, parents, and guardians will likewise respect the professional decision making of instructors with respect to training, supervision, participation, and progression.
2. Students are not to teach other students. Instructors may ask more-experienced students to demonstrate a skill in conjunction with other teaching methods, but it is important to understand that this should not be interpreted as permission to instruct other students on that skill. Skill sharing among more advanced level students is permitted with instructor approval.
3. Students must ask permission before offering feedback to others in class. If a person says they do not want feedback, respect their wishes. If you are receiving unsolicited advice from another student, you can also ask the instructor to act on your behalf.

BE SAFE...

Aerial Dance/Circus can be fun, creative, and challenging. Like many physical disciplines, it is not without risk. We strive to keep everyone in our community safe, making sure the aerial dance/circus culture of respect, responsibility and camaraderie permeates the lives of our students.

With this in mind, safety is at the forefront of our practice.

1. Students will be trained to be aware of risks and how to avoid them. With proper knowledge and awareness of aerial dance practices, the student can focus on skill building and the fun of practice.
 2. Safety is about mitigating risk through standards, procedures, and education. Students must follow instructions and stay on task; students should not practice skills outside the lesson without asking permission.
 3. Communication is key. Students need to ask for help and assistance if they have questions. Spotting is a part of aerial; please have a discussion with the instructor if you have any issues with being physically touched or wish to be notified before contact is made.
 4. Students must report any conditions that could impact their ability to participate in class. They must report any injuries they suffer during class. The instructor has a radio and can call the on-duty EMT should the instructor feel that is needed. You may refuse treatment but an incident report will need to be filed.
 5. Tape over any cuts or abrasions, even if they seemed closed, to prevent bleeding on the equipment. If you do bleed on something, notify the supervising instructor immediately. The instructor would isolate the problem, put on gloves and use alcohol wipes to clean. The apparatus would then be isolated and left to dry for the rest of class before being tied back after class. Instructor will determine if EMT needs to be called.
 6. Clothing and attire:
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- a. Pants that cover backs of the knees
 - b. Shirt to cover midriff and not ride up, or a shirt to tuck in; Jon: leotards encouraged.
 - i. May wish for long sleeved shirt to cover armpits
 - c. Jewelry and piercings removed or taped over, long hair tied back, long finger nails trimmed, and finger and toe nails filed.
 - d. No zippers, ties or hooks that may get caught
 - e. Using deodorant minimizes unpleasant body odors on the silks.
7. Students who are late are required to take the time to warm up (using instructor's warm up exercises) before allowed on the apparatus.
8. Use of rosin:
- a. Spray rosin not recommended but will have rock rosin available.
 - b. Rosin should be used sparingly to avoid having students use it as a crutch and not develop sufficient hand strength.
 - c. Rosin may be helpful if lack of hand strength is preventing a student from doing some basic moves or if they are tired at the end of class.
 - d. It may also be helpful if students are working on performance pieces, or for more advanced students, when spending extended time on the silks.
9. Equipment is inspected regularly. Please treat the apparatus and mats with care. Keep your hands and feet clean. Wipe off excess lotion and moisturizers; preferably, do not apply within two hours of class.
- 10. Everyone will be required to use mats at all times unless your instructor has granted you an exception.**
11. To avoid nausea, we recommend you not eat a full meal within two hours of being on equipment.

PREREQUISITES FOR CLASSES/LEVELS:

Instructors reserve the right to ask you to move to another level or withdraw from a class. If you have questions, you may register for a private session to have your level assessed.

Core Fundamentals/Beginning Aerial: Students will learn the foundational skills needed for aerial training including: basic climbing on silks, foot and wrist locks, and fundamentals of aerial inversions. Focus will be on building strength and flexibility.

Silks and Mixed Apparatus (Mixed level): While dance/gymnastics/etc. may be helpful, if you can't do hold a plank for 20 seconds, stretch your arms over your head, climb a silk and/or pull yourself over a trapeze, please sign up for Core Fundamentals first. Curriculum focuses on: increasing strength and endurance in the air and developing a repertoire of skills. Students should develop a respect and understanding for their own abilities as well as the nature of aerial work and the potential dangers to working at height and how to mitigate those dangers and prevent accidents.

Intermediate Level Silks: Intermediate level students must be comfortable climbing to the top of the fabric inverting cleanly in the air, both between and to the side of the fabrics, have mastered footlocks from several climbs, and can consistently perform hip keys and knowledge of several



kinds of drops. Class will focus on further developing established skills, drops, basic sequencing of skills, and more advanced fabric technique.

Repertory and Choreography classes. For intermediate level students only who are comfortable creating/learning and performing short sequences easily. Students shouldn't need assistance to invert in the air. They must be familiar with basic drops and dynamic movements; are prepared to practice greater and safer creative freedom. Class will focus on combining skill sequences in an artistic way and building performance quality. This is not a class for learning new aerial skills but rather a class to learn how to integrate your skills into a cohesive act and how to present yourself and your skills to an audience.

SETUP AND STRIKE

For classes, samplers and Open Gyms: Students are expected to assist with setting up the mats and the equipment at the beginning of class and storing the equipment at the end of class. Students help with mats – Only instructors deal with apparatus.

OPEN STUDIO POLICIES

1. Respect the authority of the supervising instructor. They have the final say in all matters regarding safety.
2. Ask for help if you need it. The supervising instructor is available to help with equipment and safety questions.
3. Be courteous toward others using the space.
4. Don't use equipment you've not been trained on. Open Studio time is for practicing skills you have learned in classes, not for experimenting with new skills or apparatuses.
5. There is absolutely no teaching of students by students. Skill sharing among advanced level students is permissible with instructor's permission.

For questions, please contact:

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