

Aerial Silks Safety Guidelines and Form

Hello there! You're reading this because you're about to try aerial silks for the first time—awesome! Before we get started, though, you need to learn a few safety guidelines.

Aerial silks is a dangerous activity that can result in serious injury or even death if you're not careful. So, let's be careful! Below are general guidelines you should remember before we get started.

The Stuff You NEED to Know

- 1) Don't wear any jewelry, zippers, buttons, etc. These all snag the fabric, which can lead to tears in the fabric which requires replacement! (And if you're really unlucky, the silks may snag you. Ouch!)
- 2) Know your limits. If you become too tired to continue, either physically or mentally, STOP. There's no need to be a hero here.
- 3) NEVER try to copy something you saw on YouTube or Instagram. If you want to learn something specific, SHOW it to me. If it's within your skill level and something I'm qualified to teach I will be happy to show you; otherwise, it is not worth the risk. (Trust me.)
- 4) Never practice without supervision.
- 5) Do NOT show up for training under the influence of drugs or alcohol. You need your wits about you for this stuff!

The Stuff You'll Learn Along the Way

- 6) Don't practice any moves high up until you have mastered it low to the ground.
- 7) Know how to get OUT of a move before you get INTO the move
- 8) Walk yourself out of any drop before you throw it and know how to bail out of the drop if necessary.
- 9) Make sure that you are high enough above the ground before performing any drop.
- 10) If you get caught in the fabrics, DON'T PANIC! Instead, just climb up above the knot and try to untangle from there.

Checklist for Contraindications: Please check if you have any of the following:

Condition	Yes
Vertigo	
Pregnancy	
Severe back or neck pain	
Glaucoma	
Heart condition	
Disc herniation	
Recent surgery or other recent injury	
Limited shoulder mobility	
Panic or anxiety attacks	
Recent Botox (within the past 24-48 hours)	
Use of medication that can impair judgment	

I have read the above and I agree to abide by these safety rules:

Name

Date