

Acro Health and Safety Notice and Disclaimer

Please read complete this form before your class starts.

Aerial hoops/silks, acrobatic arts and dancing can be physically strenuous. It is unsuitable for people who suffer from neck or back problems. It is mandatory that any relevant medical condition is stated prior to participation.

Students with little or no dancing experience are welcome, as are experienced dancers.

By completing this form, I confirm that I am over 18 years of age. If you are under 18, please get an appropriate adult to complete the form.

When taking up any new sporting activity where friction occurs, some bruising may result. This is possible and likely especially at the beginning when learning aerial hoop/silks and acrobatic arts.

It is a fantastic all over body workout; however, most people find that it takes a couple of weeks for your body to adapt to supporting weight on parts of your body where you wouldn't normally support weight, for example, the back of your knees, or the inside of your thighs.

Please read the points above and confirm you agree to the points below by completing and submitting the form below.

- I am aware of the possibility of bruising or injury due to the nature of Aerial and Acro dancing
- I do not have a reason to believe that I have any medical conditions which makes Aerial and Acro dancing an unsuitable activity for me.
- I understand that whilst every effort is taken to ensure my safety during the lessons, Aerial and Acro dancing is a sport like any other and there is always a possibility of getting hurt.
- I understand that if injuries do occur, it is my responsibility and not the responsibility of my instructor. I will not hold them responsible.
- I must participate in the warm up and cool down sessions provided.
- I will be given details of the activities and health & safety procedures by the instructor, and I am to ask any questions if in doubt or have not understood.
- If at any stage, I feel unable to perform due to injury or any other reason I must stop and inform the instructor immediately.
- I have read and understood the terms and conditions.
- I agree to listen to and abide by the instructions issued by my instructor at all times.
- I agree not to invert without the supervision and permission of my instructor and before I have learnt spotting and dismount techniques.
- I agree to the instructor being allowed to spot your child. Due to Covid- 19 I will wear the correct ppe if I have to spot at this time.

Your details are confidential and are for our records only. Please rest assured that your details will not be passed on to any third parties. They are used by us to ensure the records we hold are up to date and that we can contact you/ next of kin in the event of an emergency

Please complete below (if you do not complete this form before your class, you will be asked to complete one at your first lesson)

By completing this form, you agree that you have read and understood the terms.

[contact-form 5 "Disclaimer"]

By signing this disclaimer, I agree to the above terms and conditions.

Name of Child/Adult

Signature of Parent / Guardian (if person is under 18)