

Generation Circus Code of Conduct

Please ensure that you have read and understand the following so we can keep everyone safe during our aerial classes:

General/Equipment

- Use aerial equipment only when under supervision of an aerial teacher.
- Leave the teaching to us! Do not pass on skills to others in the class.
- Always use crash mats!
- Work low when trying something new.
- Be aware of others working - don't walk, lean on or sit on mats when someone is working above.
- Please bring a bottle of water, but no food or other types of drinks.

Illness and injury

- Coming to class with a very minor injury is OK as long as you 1) tell the teacher at the beginning of the session and 2) you are attentive of the injury and stop working if things seem to be getting worse.
- Please don't come to class if you are unwell. If a young participant starts to feel unwell during class, they will be made as comfortable as possible on a chair or mat and their parent will be phoned.
- It is normal to get bruises and rope burns when in aerial circus training! Wearing leotards, double layers, leg warmers, socks with the toes and heels cut away, jazz boots and ankle straps may help.

Lateness

- We warm up thoroughly before using aerial equipment, so if you arrive late to class and miss the warm up, you might not be able to participate (although you can watch!). We always do our best to find a way around it, but if the circumstances make it difficult for you to warm up properly, the teacher will not allow you on the equipment.

Clothing/Dress

- Yoga / dance / gym clothes are best. Avoid anything too baggy that you can't move freely in.
- Have legs covered (bare legs will get sore!)
- No belts, scarves, buckles or clasps.
- Long hair should be tied back.
- You will mostly work in bare or socked feet.
- Sensitivity to religious beliefs will be afforded with regard to the dress code but safety is paramount and any clothing that is considered by the instructor to be a safety hazard should be changed.
- You will have to take jewellery off (stud earrings are OK)
- Glasses-wearers : Risks can be minimised by wearing flexible frames / contact lens / ensuring glasses are secure.

FOR GENERATION YOUTH CIRCUS CLASSES:

- We expect you to come to class with a good attitude, not to distract or disrupt others and to follow the teacher's directions.
- We won't allow any sort of bullying or name-calling.
- If the teacher feels that you are distracting class mates or endangering yourself or others, you will be asked to sit to the side of the session.
- Phones must be switched off as soon as you enter the training space.

About Generation Youth Circus

- We believe anyone can learn circus – we don't exclude anyone
- We want our classes to be fun, friendly and non-competitive and we encourage a spirit of cooperation, kindness and respect amongst members.
- Each individual will progress at a different rate, so abilities in one class will be varied.
- At the moment we don't have elite groups or classes based on ability but we have plans to establish a performance company for 13-18 yrs who are passionate about training at an advanced level.
- We encourage each young person to be patient and have fun in class as it can take a long time to get really confident on the aerial equipment.
- We go over the basics often and practise everything, aiming for a large vocabulary of moves.