

## Aerial Fitness



### 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 to get healthy outside of the normal gym workout. Aerial Fitness allows for the freedom for the different design of body types, personality types and in different levels of challenge for reviving or restoration. Aerial Fitness has a special focus on 3-dimensional movement, conditioning and joint rotation and mobility.

Aerial Fitness uses a variety of equipment to support and suspend the body to work with your body type using the effects of supported body weight and gravity to lengthen, strengthen, contract, extend muscles improve posture, add gentle traction effects, optional inversions, and align joints.

#### Learn More:

- [American Circus Educators](#)
- [Circus Safety Strategies](#)
- [Aerial Essentials](#)
- [Guide to Safety in Circus Arts](#)

### Include Girl Scout Members with Disabilities

Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Contact the location in advance and ask about accommodating people with disabilities.

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 Girl Scout members in your troop that could affect their ability to equally participate in an activity. Work with members and families to understand how an activity is perceived. Ensure that all Girl Scout members and their

**Council Approval:** Required  
**Certificate of Insurance (COI):** Required from vendor providing this activity. Visit <https://www.girlscoutsni.org/resources#COI> to check list of the COIs on file or to request one.  
**Activity Permitted for:** C, S, A  
**Includes:**

- Silks
- Hoops
- Trapeze

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 at the beginning of 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 under the Standard Safety Guidelines. Be certain to consult your council's specific COVID-19 guidance which can be accessed under the same section. 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 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 use the equipment properly and safely.
- 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, existing or previous injuries should contact the school office prior to registration. Typically, anyone over 200 pounds should contact the school office 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 footwear 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