



Aerial Fitness

Council Approval: Required. This activity is vendor provided only.

Certificate of Insurance (COI): Required from vendor providing this activity for Council Approval. Visit [GSNI's webpage](#) for information on requesting a COI from the venue. Visit or COI list for current venues.

Activity Permitted for: C, S, A

Includes:

- Silks
- Hoops
- Trapeze

About Aerial Fitness

Aerial fitness has a special focus on three-dimensional movement, conditioning, joint rotation, and mobility and is a great way to move your body outside of a typical gym workout. It allows for different body types, personality types, and levels of challenge for expression. More than just a fun activity, aerial fitness uses silks, hoops, and trapeze to provide a wide 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, and concentration.

Aerial fitness uses a variety of equipment to support and suspend the body and works with a range of body types to use the effects of supported body weight and gravity to lengthen, strengthen, contract, and extend muscles, improve posture, add gentle traction effects, optional inversions, and align joints.

Learn More

- [American Circus Educators](#)
- [Circus Safety Strategies](#)

Include Girl Scout Members with Disabilities. Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Always be sure to contact the location and/or the instructor in advance to ensure they are able to accommodate those with disabilities. For more information, visit [Aerial Yoga for Wheelchair Users](#) and [Children with Special Needs Soar in the Circus](#).

Equity. Check with the vendor to determine if any size or weight restrictions might limit participation. 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 families feel comfortable and have access to whatever is needed to fully participate, such as proper equipment, prior experiences, and the skills needed to enjoy the activity. See the Equity section of the [Introduction to Safety Activity Checkpoints](#) for general advice about expense, body size, ability, gear, experience, and confidence.

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) before starting any activity and review it so all are prepared. Think through scenarios of what can go wrong such as an accident, physical injury, missing person, sudden illness, or sudden weather or water emergencies.

Aerial Fitness Checkpoints

All troops should provide one adult volunteer certified in Adult and Pediatric First Aid/CPR/AED.

Assess participants' maturity level. Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves or others.

Verify instructor knowledge and experience. Instruction is to be given by an adult who has experience teaching and/or supervising Aerial Fitness for the ages involved, has necessary certifications, or has substantial documented experience. Ensure that the instructor has 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 clean, 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 setup that is inspected by a certified person on a daily basis as well as regularly scheduled inspections based on your local regulations.
- Enough information and guidance are provided to ensure the risks involved 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 participating in activities that do not provide a harness, participants cannot be more than 6 feet from the ground.
- Facility should have enough ventilation and temperature control for the size of the space.

Contact the location regarding any physical concerns. Aerial fitness students with certain health conditions and/or existing or previous injuries should contact the facility's office prior to registration. Typically, anyone over 200 pounds should contact the facility's office to discuss safety and other considerations.

Youth 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 participants wear clothing that is comfortable, snug fitting, and covers the knees, and that they have the appropriate footwear for the 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 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