AERIAL DANCE

WHAT THIS SHEET APPLIES TO

Anyone using the silks, trapezes, rope ladders, or other aerial dance apparatus in the Dunn Dance Studio

RISKS INCLUDE

Falls, overexertion, bruises, muscle & ligament injuries, and broken bones.

GUIDELINES, RULES, & PROCEDURES

• Use of the aerial dance apparatus requires approved training and permission from Colby’s Director of Dance.
• Use the aerial apparatus appropriately and responsibly; as you were trained; and according to your current abilities and comfort.
• Always use two large “crash mats”, folded open and placed side-by-side to form a square – centered below the hanging point of the apparatus.
• Always have a spotter who is actively engaged in watching out for the aerialist’s safety; is able to assist when problems arise; and is not simultaneously using other aerial apparatus.
• Both the aerialist and the spotter should wear appropriate clothes.
• Attention and Responsibilities:
  • The aerialist should alert the spotter before doing any moves that may appear risky to the spotter and if uncomfortable, the aerialist may also ask the spotter to move closer.
  • If the aerialist feels unsafe at any point, they should carefully return to the floor or a safe, neutral position or call upon the spotter for help.
  • The spotter should be able to see and hear the aerialist at all times.
  • The spotter should be ready to move beside or below the aerialist to “spot” or assist if asked to do so.
• Schedule and adhere to routine rest breaks. Never attempt an aerial move when at or near the point of exhaustion.
• Inspect all components before and after use and clean sweat off the mats.
• Rig aerial equipment only with Colby Theater & Dance training and approval.
• Do not attempt to use the tall ladder without wearing a fall protection harness, connected to one of the two fall-arrest devices. An assistant should help by holding the base of the ladder.
• When finished, hang all apparatus in their ceiling storage positions, neatly coil the storage rope and hang the coil on the tie-off cleat.

FOR FURTHER UNDERSTANDING

Go to www.colby.edu/theater for textual and Internet resources.