

## AERIAL DANCE

### WHAT THIS SHEET APPLIES TO

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

### RISKS INCLUDE

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

### GUIDELINES, RULES, & PROCEDURES

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- 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 Performance, Theater, and 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

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Go to [www.colby.edu/theater](http://www.colby.edu/theater) for textual and Internet resources.

**EMERGENCY ☎: x5911 or 207-859-5911**