

Circus Central Ground Rules

Circus Central needs everyone to work together to make sure Circus Central is a friendly, welcoming, safe place to play and train in so please read through our ground rules.

Ask for help: we are here to make sure you are safe, feel free to ask any questions about form, spotting advice, or general safety questions.

Zero tolerance: for bullying, discrimination or negativity towards others. We are proud of our friendly circus family! If we see or hear of actions by an individual that would affect the safety or well-being of other participants we will take action to safeguard other participants. Don't be a bystander: if you see something happen, get in touch with a Circus Central mentor or staff member.

Aerialists: please remove all jewellery and make sure your clothing has no zips, buttons or anything that can catch on the equipment. These items can and do tear or snag our equipment which means it is condemned and has to be replaced.

Know your limits: learning new skills and pushing your limits is fun, but please set yourself up to succeed. Make sure you are: listening to your body, aware of signs of fatigue, and considering your current skill level.

Students can not teach other students: our insurance doesn't cover you as students to teach each other. This means you would be personally liable for any injuries or damage to kit incurred whilst you were teaching.

Use of images and social media: photos and videos are a great way to track and celebrate your achievements. Feel free to use your devices to track your own skills. You may not record other participants without their express permission. Be aware of who is in the background when you are recording. If you want to post it online feel free to ask people to move out of the background so you have a clear shot, or ask their permission to post.

Got any questions? Feel free to speak to a mentor, staff member, or have a read through our policies and procedures.