

*Welcome to open pole at Emerald City! We're glad you're here to train with us. Please read and adhere to the following*

# OPEN POLE RULES

*during your training time here. Failure to train within studio guidelines will result in loss of open pole privileges, and nobody wants that. Be safe, be respectful, and happy poling!*

- Make sure you check in at the front desk before you train.
- USE. A. MAT. This is not a matter of us not trusting you to be badass powerhouses of pole glory, this is a matter of your safety and understanding that pole carries risk.
- Open pole is for training material that you have already attempted in a class. Please do not use this time for teaching yourself or others tricks you have not already worked on with an instructor.
- Using open pole to teach or coach other students is not allowed.
- Open pole is available to you outside of class hours. This means that if a class has begun, you may not use the poles, regardless of the size of the class. Private lessons also take precedence over open pole at instructor's discretion (for example, if someone has a private and needs to run a competition piece, two poles will be unavailable).
- If an instructor is sharing open pole space with you, please remember that open pole is not the appropriate time to ask for coaching on tricks or combinations you're working through.
- For your safety and out of respect for others who use the space, please be efficient with your time.
- Be respectful of the pole and aerial classes in the space. The blue mat is available to you for warmup and stretching when aerialists and classes are not using it. Please do not stretch directly under the aerial points. If there is no space on the blue mat, check to see if you can warm up upstairs, on the stage, or on a panel mat by the Chinese pole (located in the corner with the pole mats).
- Please put all studio equipment back where you found it when you are done. This includes any equipment from the brown cabinet next to B side door (therabands, yoga blocks, ankle weights, etc.).
- Please clean your pole top to bottom when you are finished using it. Leaving

grip at the top of the pole makes it harder to get off later, and nobody wants to clean the tops of four extra sticky and cold poles. Do not use rosin as pole grip; it is next to impossible to get off the poles and it erodes the finish.

- Aerial equipment is not to be used unless you are separately certified in open aerial gym. The Chinese pole is not to be used.
- You are welcome to store your personal belongings on the brown shelves by the poles or the black shelves by the B side door while you train. Please do not leave items scattered on the floor (a bottle of grip, a notebook, a water bottle, etc. are fine to have around), and please do not leave belongings on the shelves overnight.
- You may use the sound system if no classes or privates are using it. If a class is scheduled, that instructor's music choice takes precedence. If you are working on a competition piece and need to play your music and someone else is using it, just ask!
- Emerald City Trapeze Arts is proud to be a family-friendly space, with kids as young as five and six walking through our doors. Accordingly, your attire must adhere to PSO competition guidelines (full coverage tops and bottoms). No lingerie, no transparent garments, no garments exposing the breasts or genitals, no more gluteal fold than would be exposed in a Bad Kitty Brazil short. Shoes are acceptable, but please do not wear them on the mats.
- Open pole, in the past, has been open to students and non-students of Emerald City. In order to bring our open pole policies more in line with open aerial policies, we are requiring open pole users to attend pole class at least once a month at Emerald City. *Thank you for taking the time to read through these in full. Your cooperation is very much appreciated. If you have questions about any of these rules, please come find one of your instructors and we will be happy to go over it with you.*