



ECTA Open Gym Policy - Aerial, Pole, Cyr

Emerald City has 3 separate Open Gym (OG) certifications: Aerial, Pole, and Cyr. You must pass certification in each discipline to use the respective apparatus. Open Gym Certification does not clear students for Chinese Pole, Tightwire, Teeterboard, Trampoline or Trampoline Wall, or Acro.

New students to ECTA: Must have been studying aerial consistently for at least 6 months. Prior to testing for Open Gym, new students must first take a class at ECTA or schedule a private with an ECTA instructor. The instructor will determine whether they are approved for open gym OR new students can pay a \$30 assessment fee to the studio and the Aerial Director will schedule a 30-minute evaluation.

Current students: Must be working at Intermediate level; must speak to their instructor for Open Gym approval; must be actively attending a technique class at ECTA (1 class a week or 4 classes a month).

Professionals: Must be referred by ECTA staff.

Certification Requirements for Open Gym:

Aerial

- 2 standard climbs without stopping in between (up - down, up - down)
- 3 straddle-ups in the air
- 3 pullovers on trapeze or hoop
- 3 pull-ups
- Rigging checklist

Aerial Open Gym can only be obtained from the Aerial Director and is not valid for other apparatus or equipment. Aerial certification is held on Tuesday and Thursdays at 5pm. If the

student passes certification, their first Open Gym drop-in fee will be waived. Please sign up online, or contact the studio to make other arrangements.

Pole

- Inside outside leg hangs on both sides
- 2 climbs
- 4 inverted pole moves (strung together)
- Controlled dismounts (including inverts)
- 6 basic spins
- Rigging checklist

Pole Open Gym can only be obtained from any Pole Instructor and is not valid for other apparatus or equipment; privilege can be granted in class.

Cyr

- 4 periods of the waltz (i.e. right foot gets near the floor while spinning in a waltz 4 times)
- Rigging checklist

Cyr Wheel open gym can only be obtained from the Cyr Wheel Instructor and is not valid for other apparatus or equipment; privilege can be granted in class.

General Safety:

Open Gym is a time for you to safely work on your strength, and things you have learned in class. This is not a time for you to work out a trick you saw on the internet, or have your friend teach you, or try a new apparatus.

- Never train alone.
- Never do a new trick for the first time in Open Gym.
- Use good judgment and don't train to exhaustion.

Respectful use of our studio space:

Please respect classes and instructors. We reserve the right to ask you to find another point in the studio, or time to train, or take control of the music if there are too many classes running on B-side.

- Keep it clean: no shoes on mats, no rosin on stage/dance floor.
- Share the space: Open Gym members must give priority to regularly scheduled classes.
- You may be asked to move points in order to share space with others.

No jewelry, jeans, or zippers on equipment. No exceptions.

Training times and studio availability:

We are open 9:30am - 9:30pm, 7 days a week.

Open Gym is available for you when class is not in session, there is an available point, and the studio is not closed for a private event. We encourage you to check the online schedule, or call the front desk if you have any questions about availability. The front desk makes every effort to alert you of any closures well in advance.

“Last Wash” is at 9pm. This is to ensure you get a workout, and our staff gets to leave by closing. In the event that the studio is closing early, “Last Wash” is 1 hr prior to closing time.

Saturdays from 6p-10p is reserved for ECTA Instructor Open Gym on B-side. This is an on-going private session, and we kindly ask you respect our space and time to train and create. This is our passion too! A-side and the stage is available during this time.

Equipment Policies:

As a part of your OG, you commit to safe and proper rigging. Additionally, you can ask an instructor if you need a refresher or second set of eyes. This is both for your safety, and anyone who may use the apparatus after you. It is best practice to always check the equipment, hardware, and line before getting in the air.

A mat should be used at all times for all aerial points. If a mat is not available for you to use because a class is in session, you will need to wait until one is free.

For Cyr, a mat must be placed over any mirrors in the area for the safety and protection of both you and the studio mirrors.

For pole, never use rosin on the poles, or wear lotion on the poles. Poles are not to be used to stretch with Thera-bands, All jewelry must be removed before using the poles. Pole attire must adhere to PSO competition guidelines (full coverage tops and bottoms). Pole shoes are acceptable, but please do not wear them on the mats.

Use of ECTA and personal apparatus is available to you. We ask that you are respectful of all equipment, and to be especially mindful of student's personal equipment. You are welcome to store your gear here, but make sure it is labeled. If ECTA equipment is damaged while you are in for Open Gym, please let the Front Desk know immediately.

All rigging gear is stored on the B-side racks. Please make sure all lines have sandbags when not in use and are skyed. Do not leave a swivel on sandbags. Sandbags get a single carabiner. If you ever drop or damage hardware, please let the Front Desk know!

Use of the winch is not extended to students, and should not be used by anyone in Open Gym unless approved ECTA staff is operating it for you.

After you are done training, restore the studio to the condition your found it, if not better. This means equipment is stored properly in the back, mats are put away, hardware is stored separate from apparatus, sandbags are raised.

Rigging checklist:

Aerial equipment

How to tie off on cleats

How to rig equipment (mandatory use of swivels; how to use all types of carabiners)

Use of sandbag weights to sky points when not in use

Pole equipment:

Correctly lock and unlock the poles for spin (the hex key for pole is in its cubby)

Cleaning the poles before and after use (rubbing alcohol is also in the pole cubby)

Cyr:

A mat must be placed over any mirrors in the area for the safety and protection of both you and the studio mirrors.

Repeated failure to comply with Open Gym guidelines could result in temporarily losing your Open Gym privileges.