



## Things to Know for Class

### 1. What to Wear?

Wear tight fitting clothes that will cover the torso, backs of the knees and armpit areas. **Leotard, tights and a tight fitting shirt** that covers the armpits is best. Tights should go a bit down past their knees to cover the back side but should not cover their feet. Guys can wear long athletic shorts or pants and we recommend biker shorts underneath, as the majority of our work is upside down! Please avoid baggy clothes as this will get caught in the fabric and ropes. Do not wear any clothing that **has zippers, buckles, buttons** or anything else sharp that can tear our fabric. **Jeans ARE NOT ALLOWED.**

2. **Do NOT wear any kind of lotion, cream, or oil of any sort on any part of your body the day of or the night before class.** Chemicals and oils in these lotions damage and ruin the equipment and cause it to be un-safe to use. Luminar reserves the right to sit a student out for class if they are covered in lotion!

3. **WASH hands before class time**, and if needed, your feet too to keep the equipment clean! If needed, we will instruct children and adults to wash their hands and feet before class, otherwise we will hand out hand sanitizer before class starts to every student.

4. **Please maintain your personal hygiene.** Aerial arts is a very close contact art form and maintaining good personal hygiene is essential in a positive work environment and courteous to other class mates.

5. **No jewelry at all please!** These can get caught in the silk and can rip the fabric, so please take off everything before class.

6. **Please cover all cuts, scrapes or any open wounds** with a band-aid and with athletic tape before class time to prevent the wound from reopening and getting blood on any equipment. Athletic tape is required as a band-aid will come right off after a few minutes of climbing on the equipment.

7. **Please wear your hair up to maintain a safe working environment for class.** You need to see clearly when hanging upside down! (NO HAIRSPRAY!)

8. **No flash photography** during class please. Video of class elements is fine.

9. All students will need to fill out a **liability waiver form** for Luminar Aerial before the start of class to be able to participate.

10. **Eat a healthy lunch/dinner before class.** Avoid sweets and candy as it could make you feel sick by all the motion, spinning and going upside down.

11. **Bring plenty of water and a sweat towel!** Children especially need to have a water bottle that they can take onto the back floor with them for class as to avoid running back and forth throughout class. If you sweat a lot, please bring a sweat towel to avoid wiping excess sweat onto the equipment.

**\*Luminar Aerial reserves the right to send anyone out of class if they are not properly and safely dressed for class. Your cooperation in all these matters is greatly appreciated!**