



Dear Parents & Carers of TCDA AERIAL Students

We are thrilled to have your dancer enrolled in TCDA's amazing Aerial stream. This beautiful art form is challenging due to the demanding physical and mental strength and focus required but so very rewarding when goals are reached and new skills attained. As aerial classes and performances are conducted at heights there is an elevated risk of injury associated with this discipline. This has been identified by insurers who require an additional premium and special conditions to be met to ensure public liability coverage. As with all WHS matters it is essential that all parties work together to reduce the chance of injury, particularly those of a serious nature.

What are we doing to reduce the risk of injury?

- We apply the Internationally recognised Aerial Arts syllabus that progressively builds skill, technique & confidence.
- Classes are delivered by one of our Certified Aerial Arts teachers.
- Students are placed into classes appropriate to their grade and level of skill, technique and strength.
- Students are given different exercises within their grade and progress at their own pace.
- We use high grade safety equipment and rigging in accordance with Aerial Arts specifications that meet Australian Standards.
- Our rigging is independently inspected and certified annually by a qualified advanced rigger.
- Weekly safety inspections are conducted on all equipment and recorded in a log.
- We limit Aerial classes to those who also take ballet or jazz as well to build on core strength and skills from these genres.
- Skills are learnt on the ground to develop technique and understanding before applying at height.
- Safety mats are used in all classes. Mats may be removed for advanced senior aerialists for performances and for classes and rehearsals where proficiency and routine confidence levels have been met.
- Teachers ensure that students are warmed up and cooled down.
- Junior Teachers are assigned to classes to assist with spotting.
- Teachers are first aid trained.

What can you and your dancer do to reduce the risk of injury?

- Notify teachers of any injury before class.
- Understand that students may fall and that they are instructed in how to fall safely onto our mats.
- Understand that students may encounter some new feelings of discomfort in their joints and muscles and that this is normal. Monitor & communicate with your teachers if you have any concerns as it is important to differentiate this from signs of injury.
- Bruises and blisters may result from pressure on the lyra and silk burns may occur from friction. These are also normal and more likely in the early stages of training. Alert teachers who will assess if first aid is required.
- Not be under the influence of any drugs or medications that could impair your ability.
- Be dressed safely & appropriately (long, tight active wear)
- Be groomed safely & appropriately (hair tied back, no jewellery, no acrylic nails)
- Be realistic and objective of your current skill level and goals.
- Trust your teacher and listen carefully to their instructions.
- Communicate clearly with your teacher during classes.
- Be confident. Many injuries occur as a result of hesitation.
- Understand that aerial is a marathon, not a sprint



