



[www.circusmash.co.uk](http://www.circusmash.co.uk)

## **Health & Safety Policy**

*Community Circus*

*September 2013*

CircusMASH exists to advance the education of young people in the knowledge, practice and appreciation of all aspects of circus in a safe and supportive educational environment in which they can develop and have fun.

### **Our promise to you...**

1. To provide a safe, supportive environment to engage and learn circus activities.
2. Encourage you to develop skills in circus disciplines and overcome personal fears.
3. Provide fully qualified & CRB'd coaches to aid your learning.
4. Ensure that all workshops are prepared in advance and designed around each individual group.
5. Ensure that all sessions are fun.
6. Value participants equally regardless of age, disability, gender, race or religion.
7. Not tolerate any form of discrimination or bullying.
8. To challenge you.
9. To reassure you that safety is our top priority.
10. To always be available for any questions or concerns from participants, parents or schools.

### **Our expectations from you:**

1. Play an active part in supporting our H&S/Workshop practices.
2. Behave in a controlled manner at all times in workshops.
3. Support others in their learning and development.
4. Circus is about teamwork, be willing to work as a collective team.
5. Arrive on time to all workshops and rehearsals ready to start.
6. Arrive with correct clothing, shoes, no jewelry.
7. Behave in a cooperative way during workshops.
8. Have fun!

### **Safety at Circus**

Safety is our number one priority at CircusMASH. Learning circus disciplines can be dangerous and our job is to be aware of these dangers and meet all of our safety guidelines to ensure that every participant is kept safe at all times during rehearsals.

### **Participant Safety Rules**

1. Do not use the equipment outside of workshops.
2. Do not use equipment without a coach/spotter.
3. No running around the equipment.
4. Listen to your coaches' instructions at all times.
5. Dress appropriately for rehearsals. No Jewelry.
6. No gum at rehearsals.

### **Every act/discipline will have a set of rules that apply to them. We will ensure:**

1. Every child on ground equipment will have a coach/spotter with them.
2. Every child on aerial equipment will have a spotter and safety matting beneath them. They will work within their abilities and be challenged safely.
3. Precautions will be taken to ensure safety of participants on all aerial equipment.
4. All participants will be supervised throughout scheduled workshop times.
5. Each group will have an allocated coach and volunteers (depending on size of group).
6. All Circus equipment is inspected before each workshop by a UK Qualified rigger & LEEA certified inspector. This ensures that all equipment is safe to use.

### **Emergency Procedures**

If in the event of an emergency please listen to coaches instructions. Coaches will ensure they have everyone registered in at the start of the session and lead everyone to safety.

### **Injuries & First Aid**

A first aider will be present at all times during workshops. In the event of a minor injury we will have ice and a first aid kit available.

### **While in the Circus Space/Workshops/Rehearsals:**

1. Ensure that you listen to your coach and use the equipment as instructed to do so.
2. Water breaks will be given frequently. Please bring your own water bottle.
3. A register will be taken at the start of each session so we can ensure we can account for everyone in an emergency.
4. No food in workshops. Water allowed.
5. No chewing gum in the studio & in the workshop.

### **Child Protection**

All Coaches hold enhanced CRB certification.

1. Spotting and Keeping individuals safe.
  - It is common practice in coaching circus to use manual spotting techniques in order to keep participants safe, which may involve direct physical contact. This is the only way of ensuring each child's safety.

### **Appropriate clothing/Hair**

1. Please wear something that you feel comfortable moving about in. Leggings/leotards are great as well as jogging bottoms with no zips. Please ensure that your armpits, mid-riff

and knees are covered up.

2. No zips, buttons or sequins that are sewn on.
3. No jewelry will be allowed in rehearsals.
4. Come along in trainers but you may need to be barefoot for some parts of the session.
5. Long hair tied up.

## **General**

1. Learning circus can be very demanding. It is common for participants to feel uncomfortable trying something new. The reward comes from the achievement so we encourage all participants to overcome barriers that they are faced with.
2. Please be aware that certain circus activities can cause minor bumps and bruises like with any sporting activity.

## **Rules**

At the space we have 10 rules that we will go over with participants at the start. It is important that all of these rules are followed.. These rules have been covered in other areas of this document but are what we call our “Ten Golden Rules”.

- Only use equipment when supervised by a coach.
- Always walk around circus equipment. Never run.
- Speak in a normal voice. No yelling or screaming.
- Be at rehearsals on time.
- Dress appropriately for rehearsals. No Jewelry. Tie long hair up.
- Do not eat food or chew gum at rehearsals.
- Foul language is unacceptable.
- Respect your coach and each other.
- Ensure hair is dry when arriving to rehearsals.
- Have fun!

PLEASE FILL IN THE DISCLAIMER ON THE FOLLOWING PAGE.

**Disclaimer**

Like with any physical activity I understand that that my child may incur bumps and bruises from the circus equipment through the process of learning circus activity. I represent that my child is in good health and have informed CircusMASH of all medical conditions and any special instructions regarding my child (Below).

I, as a parent or guardian of the below named minor give my permission for them to participate in the CirqueStars programme lead by CircusMASH. I agree to indemnify and hold harmless CircusMASH employees and practitioners from all claims, demands or causes of action, which are bought by myself and/or the minor against CircusMASH.

I have ensured that my child understands the importance of safety and the instructions given by CircusMASH coaches. By signing this document, acknowledge, understand and agree with all terms of this agreement.

Parent Name: .....

Child Name: .....

Parent Signature.....

Date: .....

**EMERGENCY CONTACT DETAILS**

Child Name:.....

Emergency Contact Name 1:.....Tel:.....

Relationship to Child.....

Emergency Contact Name 2:.....Tel:.....

Relationship to Child.....

**Medical Information or other notes**

Please inform us of any allergies or medical conditions of your child below.

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Anything else we should know?

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