



Aerial Fitness

Includes:

- Silks
- Hoops
- Trapeze

Activity Permitted for: C, S, A

Council Approval: Required as per Council Policy P1;
[Activity/Trip Permission \(2129\)](#)

Vendor Approval: Required

Required Training: 281 GS 201 Trips & Overnights (gsLearn)

About Aerial Fitness

Aerial fitness has a special focus on 3-dimensional movement, conditioning, joint rotation, and mobility and is a great way to get healthy outside of a normal gym workout and allows for different body types, personality types, and different levels of challenge for revitalization or restoration. More than just a fun activity, aerial fitness uses silks, hoops, and trapeze to provide a wide range of health benefits that target physical strength and support a positive mental state by fusing together a variety of activities and skills such as stretching, Pilates, cardio, strength training, and concentration.

Aerial fitness uses a variety of equipment to support and suspend the body and works with different body types to use the effects of supported body weight and gravity to lengthen, strengthen, contract, and extend muscles, improve posture, add gentle traction effects, optional inversions, and align joints.

Learn More

- [American Circus Educators](#)
- [Circus Safety Strategies](#)
- [Aerial Essentials](#)

Include Girl Scout Members with Disabilities

Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Always be sure to contact the location and/or the instructor in advance to ensure they are able to accommodate those with disabilities. For more information visit [Aerial Yoga for Wheelchair Users](#) and [Children with Special Needs Soar in the Circus](#).

Equity. In addition to physical and social-emotional disabilities, consider the history, culture, and past experiences of the Girl Scout members in your troop that could affect their ability to equally participate in an activity. Work with members and families to understand how an activity is perceived. Ensure that all Girl Scout members and their families feel comfortable and have access to whatever is needed to

fully participate, such as proper equipment, prior experiences, and the skills needed to enjoy the activity.

Infectious Disease Guidelines. Girl Scouts use a commonsense approach to health and safety. Before participating in Girl Scouting activities, members are to undergo health checks at home for any symptoms such as fever of 100.4 (or need for fever-reducing medications) chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, stomach aches, nausea, or vomiting. Members with any of these symptoms or in need of fever-reducing medication **MUST** stay home until fully recovered.

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) before taking girls out for any activity and review it with the girls so they too are prepared. Think through scenarios of what can go wrong such as an accident, physical injury to a girl, missing girl, sudden illness, or sudden weather or water emergencies.

Aerial Fitness Checkpoints

Assess participants' maturity level. Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves or others.

Vendor Approval Required. Review Vendor Approval section under the *Standard Safety Guidelines for vendor approval timelines*. Connect with your Girl Scout council for approved vendors or site suggestions to ensure they are properly insured. If it is not, allow enough time to have the vendor or site approved. The owner operator should be able to confirm one million dollars General Liability insurance and instructor knowledge or experience upon request. The council will request a certificate of insurance to document evidence of the insurance coverage and name the council as additional insured. Most facilities will accommodate this request if they are able to administratively. [See High Adventure Approved Vendors List \(#2147\)](#). Volunteers are responsible for notifying the council immediately should the site seem unsafe, or the instructor's knowledge and experience does not meet safety standards.

Required Training: Troop/Group Program leaders must complete GSUSA's online leadership courses and GSVSC's 281 GS 201 Trips & Overnights course in gsLearn. Adult volunteer chaperones must complete GSVSC's 281 GS 104 Orientation for Support Volunteers online course in gsLearn.

Verify instructor knowledge and experience. Instruction is to be given by an adult with experience teaching and/or supervising Aerial Fitness for the ages involved, has necessary certifications, or has substantial documented experience. Ensure that the instructor has the appropriate qualifications and skills to undertake all aspects of the course, that they are aware of their responsibilities and that they are willing to comply with the relevant legislation.

Select a safe site.

- Location and equipment are clean, sanitized, and free of debris and or odors.
- Care and storage should be taken for the proper maintenance of equipment in accordance with the specifications set by the manufacturer.
- Any broken or damaged equipment should be removed immediately.
- Safety mats/nets are clean and placed appropriately under participants.
- All stations should have well maintained rigging and set up that is inspected by a certified person on a daily basis as well as regularly scheduled inspections based on your local regulations.
- Enough information and guidance are provided to ensure the risks involved in a lesson are minimized.

- Participants are taught how to use the equipment properly and safely.
- Ensure that no student can access the equipment without supervision.
- Ensure that when girls are participating in activities that do not provide a harness, they cannot be more than 6 feet from the ground.
- Facility should have enough ventilation and temperature control for the size of the space.

Contact the location regarding any physical concerns. Aerial fitness students with certain health conditions and/or existing or previous injuries should contact the facility's office prior to registration. Typically, anyone over 200 pounds should contact the facility's office to discuss safety and other considerations.

Girls learn about and prepare for aerial fitness. Instructors teach a set of readiness instructions and commands. All participants should use gentle muscle warm-up and stretching activities before beginning physical activities. Instructors must describe the objectives, safety procedures, and hazards to the participants before beginning an activity.

On the Day of the Activity

Dress appropriately. Make sure girls and adults wear clothing that is comfortable, snug fitting, covers the knees and have the appropriate footwear for the activity. Avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Tie back long hair.

Ensure the instructor reviews the rules and operating procedures with girls beforehand. The instructor covers safety procedures, including:

- No gum or candy.
- Drinking plenty of water and resting when tired.
- Being aware of other participants.

Safety and Required Gear

- Hoops, silks, or trapeze equipment.
- Harnesses and safety nets for trapezing.
- Harnesses potentially for silks.