

Open Climb Policy

Open Climb is for our students to practice the skills they have learned in class and to work on act development. It is a privilege for our students.

In order to participate one must...

- Be signed off by an instructor.
- Be an active student at AASC- You must have taken a class in the last month.
- Adhere to open climb hours
- Work within your scope of knowledge
- No teaching fellow students
- Share the apparatus
- Share the music
- Students under 16 must be accompanied by an adult. Level 2+ children under 16 are permitted with parental permission.
- No bringing your own equipment without owner permission
- No rigging- This is done only by the owners
- Tie lines, the ladder, and pulleys are to be used by authorized personnel only.

Basic Skills Needed for Open Climb

Silks/Rope

- Basic/French Climb
- Crochet and wrist locks
- Double Foot Lock on the ground
- Inverting (straddle) on the ground
- Single Foot Lock on the ground

Lyra/Trapeze

- Hangs (double knee/butt squeezes, double elbow, toe/heel theory, hip)
- Pike Under Bar (½ moon, splits, banana/crab)
- Straddle Under Bar (bottom, from, and side)
- Grip Theory (flamenco, true/overhand, underhand, split, opposite, reverse)
- Pull-overs (real and railroad)

I have read and agree to adhere to the policies stated above.

Signature

Date _____

Printed Name

Instructor's Signature

Date _____

