Pole Dance & Aerial Yoga Handbook
Welcome to the Poel Dance and Aerial Yoga Student Handbook, the official handbook of BodyMind Fitness, providing students with resources, and overview of our classes and administrative procedures.

You are encouraged to familiarize yourself with the contents of this handbook. Students are required to comply with the rules and regulations in the Student Handbook.

We have tried to cover all the questions that our students have, so that you are thoroughly prepared and so that you can get the best out of the classes. Please print it out and keep it handy!

Wishing you a fantastic pole and aerial experience with us!

Laura and Kirsty,

Owners, BodyMind Pretoria
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1. WELCOME TO BODYMIND FITNESS

1.1 Mission Statement

We strive to empower women to accept their bodies through movement and dance, build confidence and create long-lasting friendships.

1.2 Core Values

We have core values that we operate our studio from:

- Friendly service – with all our staff. No rude service here. We want you to feel at home just like we do.
- Safe environment - both physically and emotionally. We make sure our equipment is safe, our teachers are qualified, and your secrets are safe too.
- Fun - great atmosphere, so that you can forget about the outside world for some time and we totally present.
- Professional - this means we adhere to a code of ethics, a dress code and qualified instructors

1.3 Code of Ethics

BodyMind Fitness promotes a code of ethics that instructors to remain true to the best interests of their students. Our Code of Ethics can be found in the Appendix 5.1 of this document.

1.4 Code of Conduct for Students

As we are working mainly with adults, we know that you know how to behave yourself. However, there are some rules that you need to adhere to. These are for your own safety and wellbeing. You can read these Pole student rules in section 3.4 and the aerial yoga student rules in section 4.5 of this document.

1.5 Important Contact Details

Please save the following contact details. Business hours are between 07:00 – 19:00 – please avoid contacting managers outside of these times.

Pole Manager – Juanita Scholtz – Juanita@bodymindfitness.co.za 079 818 0616
Gym & Aerial Yoga Manager – Kayla Hilhorst – info@bodymindfitness.co.za 067 6450238
Owners – Laura@bodymind.co.za or Kirsty@bodymind.co.za
2. ADMINISTRATION

2.1 Payment Terms and Conditions

Fees are payable in advance for each month.

Vouchers must be paid either cash or EFT. 6 and 12 Month memberships are subject to debit order or payable in full upfront only. Debit order dates are 1st, 15th or 28th of the month.

First month and registration fees are payable upfront and in cash/EFT.

You will receive an automated email one month prior to the expiry of your contract. Please inform us if you would like to continue on either a month to month contract or renew to a fixed term. You can also allow your contract to terminate upon expiry.

You can upgrade your contract to more classes per week, or to a longer contract. You can also decrease your weekly classes.

You can start anytime during the month. Your first month will be charged on a pro rata basis unless you wish to use the full amount of credits for the month.

Vouchers cannot be exchanged or refunded. You can however convert your vouchers into a monthly contract.

2.2 Contract termination

To terminate your contract before expiry, we require 30 days written notice of your intent to cancel. You will also be charged a cancellation fee dependent on the duration remaining on your contract – this amount will not exceed 50% of fees due.

2.3. Missed Classes & Public Holidays

- We are not open on Public Holidays.
- Missed classes may be made up during the course of the month or the following month– you need to contact us by the 7th of each month to roll over any unused class credits from the previous month – credits can only be rolled over if you have a valid contract. Upon contract termination, any unused credits will be forfeited.

2.4 Placing Membership on Hold/ Payment freeze

- Membership may be placed on hold for a minimum period of one (1) month and maximum two (2) months per contract.
- Your debit order will not run during this time. You may not attend classes during the hold period.
- Your debit order will resume as usual after the hold and your contract expiry will be extended accordingly.
- Please give us due notice of intent to freeze your contract as if a debit run has been actioned, we will be unable to reverse it
2.5 Cancellation / Refund Policy

- No refunds or discounts are given for classes not attended.
- Membership will be active for the period for which you have signed for. For early cancellation of a contract, we require a full month's notice, and you will be liable for a cancellation fee, dependent on the duration that remains on your contract. This fee will not exceed 50% of remaining fees.

2.6 Class credits explained

Whether you sign up for vouchers or on a contract, the option that you choose will determine how many class credits you receive as well as the period that they are valid for.

These class credits are then used to book various fitness or aerial classes using the Itensity app.

For our contracts, we offer 1, 2 or 3 classes a week contracts. This would give you either 5, 8 or 12 monthly class credits.

For our vouchers, you can choose between a 5 or 12 class pass which would give you 5 or 12 class credits.

For vouchers, your credits are valid for a period of 2 months (5 class pass) or 4 months (12 class pass) after which they will expire.

For our contract members, your monthly credits will expire at the end of each month. You are, however, able to roll over any unused credits from the previous month. This can be done by contacting the Pole Studio or Gym Manager before the 7th of the month. These credits will only be rolled over for a period of 30 days and only if you have an active contract. Any unused credits will be forfeited upon termination of your contract.

Rolled over class credits

Contract members who do not use all their class credits in a month can opt to roll over their unused credits. Rolled over credits can be viewed in your Itensity profile under utilities. Please note that the system will first use your monthly credits before it will use the rolled over credits. Once these rolled over credits expire, they cannot be redeemed.

2.7 Itensity booking app

We use Itensity Management Software for class bookings. You can either download the app and choose BodyMind Studios as your facility or you can use the web login https://bodymindstudios.itensityonline.com/. Upon sign up, a profile will automatically be created for you to book and keep track of classes. ALL classes must be booked through Itensity. Please look out for the welcome email which contains important information as well as your login details. Should you need to reset your login details, you can contact either the Pole or Aerial Manager.
3. POLE DANCE CLASSES

3.1 Class Schedule

You can see the latest class schedule on the Itensity app or you can find a copy on our website https://www.bodymindfitness.co.za/pole-dancing

- Classes are subject to change without notice. However, we will make every endeavor to let you know if there are any changes to the timetable.
- We require a 2 student minimum to run a class. In the event that there are less than 2 students booked for a class, we reserve the right to cancel the class. Students will either be rescheduled or asked to attend a different class.
- Times are changed according to availability of instructors, and we make every effort to keep them as consistent as possible.
- To check on the class times or book for a class, you can visit the Itensity booking page

3.2 Studio Closure

We are closed on Public Holidays and for around 10 days during the Christmas period.

Fees are still payable during this time, and you are welcome to make up the classes either before or after this period.

3.3 Booking for Classes

Please use the Itensity booking app to book your classes. Bookings open 2 weeks before the scheduled classes and close when the class starts.

Bookings need to be cancelled with a minimum 3 hours’ notice on the Itensity app otherwise the booking credit will be forfeited. Members who repeatedly book and do not attend may lose booking privileges and or be penalized.

Please avoid cancelling last minute as this will deprive someone else the opportunity to attend the class. Please also avoid booking last minute as classes that do not meet the 2 student requirement will be cancelled.

If you are too late to unbook on the app, please do let us know that you can’t make class as there may be someone waiting for a place on the waiting list.

If a class is full, please put yourself on the waiting list as we often have cancellations.
3.4 Class Rules

1. Students use equipment at own risk. We advise you not to use the poles if the instructor is not in the room.

2. Students will not attempt any moves that they have not yet been instructed on.

3. For pole dancing, students must test their pole for stability and safety at the start of each class, periodically during class and before each invert. If you switch to someone else’s pole, do not assume it has been tested and re-test it for yourself.

4. Students are responsible for notifying the instructor of any injuries or strains at the beginning of each class and immediately during class if any arise.

5. Students MUST participate in the class warm up at the beginning of class. Students arriving late are responsible for their own warm up before joining class. Students arriving more than 10 minutes late will not be allowed to join the class.

6. Be aware of your surroundings and the environment, objects or other students, before you attempt any use of the equipment.

7. Keep hydrated with frequent water intake throughout class.

8. No gum, candy or other solid food is allowed during class.

9. No alcohol consumption before or during class.

10. Stop dancing at the first sign of fatigue, injury or discomfort. Do not push yourself when your body is warning you to stop!

11. Students may not teach other students. Helping another may be done outside of class hours and are done at your own risk.

3.5 Types of Classes

Both our voucher and contract options allow you to mix and match class types so that you can find a combo that works for you!

Our pole classes are separated according to skill levels. Unless you have previous pole dance experience, you will start off in our beginner classes. We also offer open classes – i.e. all pole levels are welcome.

Some women find that the pole classes can be strenuous on their wrists and shoulders. In this case it is advisable to do the pole classes once a week, and slowly build up strength in your arms.

All our classes are 45 minutes long and include pole conditioning followed by pole moves.
**Pole Beginner**

This class is for all beginners. We teach you the basics of pole dancing. Moves include spins, poses, sexy body moves, floor work and slides. The aim is to build up strength and to become familiar with the pole. This class can take between 6 months and 2 years for you to feel comfortable enough to move to intermediate.

**Pole Intermediate**

This is for Intermediate to Advanced students only. Once you are able to invert comfortably and have built up sufficient strength in Pole Beginner, you can move to Pole Intermediate. Here you start using a spinning pole, doing elbow and knee grips, and aerial tricks and combinations. More focus is placed on body conditioning, strength and flexibility.

**Pole Beginner/Intermediate**

This class is suitable for both beginners and intermediate students. The instructor will give different moves and variations for both beginners and intermediate students.

**Advanced**

This class is only suitable for our advanced students. You need to complete a pole level 3 grading to qualify for our advanced class.

**Pole fit**

This class is open to all pole students, regardless of their level. This class is aimed at building strength and conditioning. It is ideal for those starting out on their pole journey. Class will also cover technique for core pole moves such as climbs, spins and inversions.

**Pole flow**

This class focuses on Pole choreography as opposed to pole tricks. In each class you will learn a short routine using beginner pole moves. We advise that you first attend beginner pole classes until you are confident with the syllabus before attending a pole flow class.

**Aerial Yoga**

Our Aerial Yoga classes are suitable for all fitness levels and abilities. These classes incorporate elements of strength and flexibility training as well some aerial tricks.

**Fitness Classes**

We offer a variety of fitness and dance classes – these classes take place in our lower studio. These classes currently include Dance Fit, Yoga, Kickboxing, Salsa, Strut and Bums & Barre.
3.6 Pole Grading

We have developed a card system for grading, which is both informal and will give you a sense of achievement. The grading takes place twice a year on dates to be announced. We have 3 levels of grading in Pole Beginner and 2 levels in Intermediate Pole:

Pole Beginner - Pole Basics, Level I and Level II
Pole Intermediate - Level III & Level IIII

You can find the pole cards in the Appendix of this document.

Once you have completed each level, you will receive a certificate and continue to the next level. When you complete Level II in Pole Beginner, you will be ready to move to Level III, which is Pole Intermediate.

To participate in an advanced class you must complete level III.

While grading is optional for beginners, those wanting to attend an intermediate or advanced class must complete a grading to certify that they are able to perform the required moves safely and comfortably.

3.6 What to Wear to Class

Pole beginners / Pole 1

You need to wear a tshirt or tank top and shorts, no shoes

The shorts need to cover your bum, be snug-fitting and should not be lower on your leg than 5 cm, as you need to be able to grip the pole between your thighs with your skin.

The tshirt or tank top needs to be snug-fitting too, so that when you invert, your top does not fall down over your head. Please ensure you have adequate bust support, as inverting can cause all sorts of wardrobe malfunction.

Pole Intermediate/Advanced

You need to wear shorts and a crop top with no sleeves. It is not necessary for the entire class, so you can wear a tshirt over your top if it gets cold. You will start to perform moves where you need skin in the following places:

- Under your arms
- On your tummy and ribcage
- Behind your triceps
- Your back
Fitness/ Aerial Yoga

A tshirt or snug-fitting tank top and comfortable leggings are fine. No shoes necessary for Aerial Yoga however shoes are recommended for the fitness classes.

3.7 What to expect after pole classes

Bruising

Initially you will bruise. This is normal, and will get better over time. As with any new sport, your body needs to get used to the equipment. Arnica oil and tablets help for the bruising. As you get stronger you will bump the pole less, and your skin will become conditioned. Below is a guide to where you can expect to bruise.
A QUICK GUIDE TO HEALING BRUISES.

VITAMIN C
VITAMIN C WILL HELP STRENGTHEN CAPILLARIES MAKING YOU LESS PRONE TO CREATING BRUISES. EAT YOUR ORANGES, BELL PEPPERS, AND PINEAPPLES.

THE SOONER YOU APPLY ARNICA, THE MORE EFFECTIVE IT WILL BE IN HEALING YOUR BRUISE.

ARNICA WILL REDUCE THE SWELLING, DISCOLORATION, AND DISCOMFORT OF THE BRUISED AREA.

ALOE VERA
ALOE VERA IS A SOOTHING, NATURAL GEL WITH THE ABILITY TO REGENERATE CELLS WITH MINIMAL SCARRING. APPLY TO CLEAN SKIN.

ICE IT!
APPLY ICE TO A BRUISE EARLY ON TO MINIMIZE SWELLING. THE COLD WILL CONSTRIC CT BLOOD VESSELS AND HELP KEEP THE BRUISE FROM SPREADING.

NEVER APPLY ICE DIRECTLY TO THE SKIN. ALWAYS USE AN ICE PACK OR A COLD COMPRESS.

This is not a replacement for medical diagnosis, treatment, or professional medical advice. I'm not responsible for the accuracy of any of the above information. www.poledancingadventures.com
Joint pain in shoulder, wrist or elbows

If you are new to pole, you will not have built sufficient muscle strength to hold your body weight correctly. If you have the incorrect technique with holding this will lead to pain in your shoulder, elbow, forearm or wrists. If you experience any pain here, you need to make sure you learn the correct technique to avoid further damage.

It is normal to feel some pressure, but if it hurts then you need to rest the area for at least a week before attempting the move again.

Muscle ache

This is completely normal and is a result of working muscles you are not used to working before. Pole dancing looks easy, but it is very strenuous, and there is no sport like it which will get you used to the pole. Even body builders struggle with the moves because they are used to pushing with weights, and not pulling their body weight up.

Ensuring you warm up properly, stretch, get sufficient rest, and eat protein after class will help you a lot.

3.8 When and what to eat

You will be happy to know that pole dancing burns a lot of calories. This doesn’t mean you should start eating junk food, but it does mean that you need to eat more on the days you attend class.

Ensure you eat your supper 1½ - 2 hours before class, so that you have enough time to digest the food before class. Eating carbs will help to fuel your muscles. Every person’s body is different, and if you are on a Paleo diet or a Banting diet your carb intake will be restricted.

Know that carbohydrates will help your muscles to work so that you build more muscle, which in turn will burn fat.

*Eat a light snack 30 minutes before class*, such as a banana or an apple. This will give your body a boost, helping you to maintain the workout and build the muscle.

*Eat protein after class to replenish the protein that you used up.* This will help your muscles to repair faster. You can also take a supplement of L-glutamine which is an amino acid, which will help your muscles build faster too.

Please do not come to class on an empty stomach. You are more likely to feel faint or dizzy if you have not eaten within the last few hours.
3.9 Getting fit for classes

Some students have asked what they can do to get fit for classes. The answer is do more classes! Or add on some fitness classes.

There are not many exercises you can do that will strengthen your arms for climbing and condition your skin. If you go to the gym for these exercises on the days you don’t attend pole, then you are not taking enough time to rest your muscles.

The main muscles you want to strengthen are:

- Your hands (point of contact on the pole) - a stress ball or a hand-grip strengthener will help
- Your core – plank, lifts and pelvic floor exercises
- Your back – rhomboids, trapezius and latissimus dorsi muscles
- Your shoulders – rotator cuff muscles, especially exercises where you are pushing, not pulling. Handstands work well for these.

We focus on building your core, your triceps, back, thighs and hips in the fitness classes. These exercises go a long way in balancing out your body, so that you don’t grow in strength in one area, and weak in another.

Visit [http://www.polefreaks.com](http://www.polefreaks.com) for their free 30 day Pole Fit Challenge
3.10 Timeline for progress

**How poledance changes your body?**

And when?

- **STRENGTH**: 2-3 months
  - Develops muscles under your own weight

- **AGILITY**: 4-8 months
  - Improves coordination of movements

- **HEART**: 4-7 months
  - Aerobic activity strengthens the heart

- **ENDURANCE**: 8-12 months
  - Develops the respiratory system, increases the body’s stamina

- **FLEXIBILITY**: 10-12 months
  - Improves flexibility of the spine

- **ELASTICITY**: 2-8 months
  - Increase skin elasticity and prevents varicose vessels

- **STRETCH**: 1-1.5 years
  - Develops stretching regardless of your age

- **GRACE**: 1-2 years
  - Your foot arcs become more beautiful

- **WEIGHT**: 4-5 months
  - Noticeable changes in weight, fat reduction

3.11 Training both sides

In Pole, as with most things, we tend to favour our strong/dominant side and shy away from trying out moves on our “weak side” however, this can eventually lead to muscular imbalances which can increase your risk of injuries! By training both sides every time we Pole we will avoid this common pole problem. At first it may seem very hard to do things on your “dumb side” but it gets better with practice.

Remember, it doesn’t have to be perfect on both sides, but it does need to be trained on both! For more info on and tips on training both sides, read this informative article: https://offthepole.co.uk/do-we-really-need-to-train-both-sides
3.12 Competitions and showcases

There are various other pole dance competitions and showcases being held by other studios throughout the year. If you are interested in taking your pole experience further. Alternatively you can go to www.PDSASA.co.za (Pole Dance Sport Association of South Africa) where the events are listed online.

3.13 Pole Resources
http://www.polefreaks.com
http://poledancedictionary.com/
https://lovepolekisses.com/
4. AERIAL YOGA CLASSES

4.1 Class Times

You can see the latest class schedule on the Itensity app or you can find a copy on our website https://www.bodymindfitness.co.za/aerial-yoga

- Classes are subject to change without notice. However, we will make every endeavor to let you know if there are any changes to the timetable.
- We require a 2 student minimum to run a class. In the event that there are less than 2 students booked for a class, we reserve the right to cancel the class. Students will either be rescheduled or asked to attend a different class.
- Times are changed according to availability of instructors, and we make every effort to keep them as consistent as possible.
- To check on the class times and book classes, you can visit the Itensity booking page

4.2 Studio Closure

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4.3 Booking for Classes

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**Bookings need to be cancelled with a minimum 3 hours’ notice** on the Itensity app otherwise the booking credit will be forfeited. Members who repeatedly book and do not attend may lose booking privileges and or be penalized.

Please avoid cancelling last minute as this will deprive someone else the opportunity to attend the class. Please also avoid booking last minute as classes that do not meet the 2 student requirement will be cancelled.

If you are too late to unbook on the app, please do let us know that you can’t make class as there may be someone waiting for a place on the waiting list.

If a class is full, please put yourself on the waiting list as we often have cancellations.
4.4 Benefits of Aerial Yoga

- Spinal decompression of the intervertebral discs
- Overall muscular strengthening of the entire body, accessing and integrating parts of the body that are not easily accessible
- Deeper stretching and flexibility
- Increased core strength (beyond just the superficial abs- the deep core muscles!)
- Developing trust in yourself, others, and the hammock
- Improved joint stability and mobility
- Energizing and detoxifying effect by stimulating the inner organs, blood circulation, and lymphatic system
- Nervous system regulation and efficiency through spinal alignment
- Prevention of osteoporosis through compression of the hammock on bony joints
- Fun and emotionally uplifting, childlike sense of playfulness through physical postures, acrobatic movements, and mindfulness techniques
- Stimulates blood flow and cerebrospinal fluid to the brain to increase production of serotonin and other vital neurotransmitters to increase and/or stabilize mood- beat the blues by going upside-down!
- It can improve body awareness and develop new body skills, which there wouldn’t be an opportunity for in a ground-based yoga.
- Overall wellness and relaxation
- More self-confidence and connection to ourselves and others
- We emphasize vinyasa flow and movement in our classes

4.5 Class rules and safety

- Do not attempt poses not instructed to you
- Stop if you feel pain
- Take breaks when needed, especially if you feel sick or dizzy
- Do not swing fast or rough
- Remove all jewellery, especially rings
- Watch what you eat and drink before class
- Make sure you wear clothing that covers your knees, thighs, and abdomen in order to avoid “silk burn” and so the fabric moves with more ease
- Those with tender joints/bones may find the fabric painful in certain positions in the beginning and prone to bruising. This lessens over time and actually is good for building bone density due to compression
- Stay hydrated so that fascia also stays hydrated when moving in all different directions on the aerial yoga hammock

Some students may feel slight nausea their first few classes due to the swinging movement of the hammocks. If you experience nausea, here are some tips on preventing it in future classes:

- Do not eat or drink too much before class
- Smoking and drinking caffeine are also contraindicated for nausea
- Drink ginger tea, eat ginger chews or take motion sickness pills
- Come up and down slowly during class
- Sometimes a tolerance needs to be built up for those who are not used to spinning or swinging movement
4.6 Health considerations

Most aerial yoga poses can be performed by anyone at any age or fitness level. However, the following contraindications apply:

- Sacroiliac joint dysfunction
- Eye problems such as glaucoma and detached retina
- Dislocated shoulder
- Aneurysm
- Cardiovascular conditions such as stroke, diabetes, heart attacks, or high/low blood pressure. There is increased blood flow to the heart in inversion can be problematic.
- Recent surgery
- Severe spinal injuries
- Prosthetic joints
- Cancer - please allow the body to heal before undertaking this practice

4.7 Other health considerations

**Overweight**

The aerial silk hammock will place extra pressure on the body and this will make overweight students uncomfortable. It is suggested to take private lessons first. Not recommended for anyone over 120kg.

**Menstruation**

Menstruating women can practice a modified sequence they are comfortable with depending on their energy level, however, it is perfectly safe to practice aerial yoga when a woman is on her period.

**Pregnancy**

Aerial yoga is not recommended as a new practice for pregnant women. If they have practiced before pregnancy, they can perform a modified sequence.

**Sciatica**

This is pain that affects the lower back, hips, and radiates down the leg, caused by compression of the spinal nerve in the lumbar spine. Rising Wings Aerial Yoga is quite beneficial for this condition as the inversions decompress the lower back.

**Scoliosis**

This is an irregular side-bending curve of the spine. Hanging upside-down can help to some degree to help realign the spine over an extended period of time. This is the amazing combination of the fascial stretch and gravitational pull.
WHAT IS AERIAL YOGA?

This practice combines traditional yoga poses from the ground & aerial suspension using a soft fabric trapeze called a "sling"

- Releases all pressure off joints using harmonics
- Deeply massages lympic system using acupuncture assets of the silks
- Provides full body workout while relaxing muscles and spine

- Beginner-Friendly
- Deep Meditation
- Total Relaxation
- Increase Flexibility
- Improve Balance
5. APPENDIX

5.1 Coach and Instructor Code of Ethics

- To provide a safe and healthy work/training environment by ensuring that the studio conforms at least to the minimum space and safety requirements with suitable and safe flooring, mirrors, lighting and sound system.
- To define the goals to be achieved realistically according to the students’ needs.
- To recommend only those products and services which will serve the needs of the student, and if the teacher is recommending a product in order to gain financially, they should disclose this.
- To respect the student’s right to privacy.
- To maintain only professional and appropriate physical contact.
- To never exploit the professional relationship with the student at any time, whether that be sexually or otherwise.
- That the teacher should have the appropriate experience, knowledge, ability and qualifications to instruct each level.
- That the teacher must be able to provide the instruction advertised.
- That the teacher should keep up to date with new developments and practices in the industry in order to provide the best tuition.
- That the instructor should demonstrate honesty and integrity at all times and show respect for both students and colleagues. This includes not discrediting any other teacher or studio.
- That the instructor should be honest about their qualifications and experience and should not exaggerate or make false claims in their advertising, in order to allow students to make more informed decisions.
- That contracts, pricing and policies between student and teacher/school should be clear and legally drawn up.
- That the instructor should never discriminate based on age, nationality, colour, gender, religion, sexual orientation, or physical handicap.
- That the instructor should maintain a professional appearance with good hygiene and not use banned substances.
- That the instructor wear appropriate clothing for teaching class.
- That the instructor use appropriate speech with students.
- That the instructor always support and encourage the student.
- That the instructor fulfill all legal requirements such as, but not limited to, having insurance, registering a business or company name, complying with contracts and paying taxes.
- That the instructor make fee structures available on request.
- That a pole dance studio inviting overseas instructors to teach should provide them with the Code of Ethics; and the visiting instructors should abide by them.
5.2 Pole grading cards

Pole Beginner

<table>
<thead>
<tr>
<th>Pole Basics</th>
<th>Name:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking in the Rain</td>
<td>Body Waves</td>
<td>Basic Spin</td>
</tr>
<tr>
<td>Demi Moore</td>
<td>Back Spin</td>
<td>Flamingo Pose</td>
</tr>
<tr>
<td>Butterfly Up</td>
<td>Suntan Up</td>
<td>Toe Spin</td>
</tr>
<tr>
<td>Sit Holding</td>
<td>Hand Slide</td>
<td>A frame Head Rolls</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Witch Spin</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Pole Level 1</th>
<th>Name:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monkey Jump</td>
<td>Back Roll</td>
<td>Scissor Kicks</td>
</tr>
<tr>
<td>Climb</td>
<td>Chair spin</td>
<td>Flying Spin</td>
</tr>
<tr>
<td>Attitude Spin</td>
<td>Carousel Spin</td>
<td>Crucifix</td>
</tr>
<tr>
<td>Invert holding</td>
<td>Lean Back Holding</td>
<td>Descending Walk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Elbow Stand</td>
</tr>
<tr>
<td>Pole 1 Level II</td>
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<td>Date:</td>
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<tr>
<td><img src="image" alt="Perch" /></td>
<td>Perch</td>
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<tr>
<td><img src="image" alt="Crow" /></td>
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</tr>
<tr>
<td><img src="image" alt="Lean Back into Handstand" /></td>
<td>Lean Back into Handstand</td>
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</tr>
<tr>
<td><img src="image" alt="Invert Crucifix" /></td>
<td>Invert Crucifix</td>
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<tr>
<td><img src="image" alt="Angel Spin" /></td>
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<tr>
<td><img src="image" alt="Basic Spin One Hand" /></td>
<td>Basic Spin One Hand</td>
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</tr>
<tr>
<td><img src="image" alt="Cradle Spin" /></td>
<td>Cradle Spin</td>
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<tr>
<td><img src="image" alt="Barbie Spin" /></td>
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<tr>
<td><img src="image" alt="Spinning Climb" /></td>
<td>Spinning Climb</td>
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<tr>
<td><img src="image" alt="Swan holding" /></td>
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<tr>
<td><img src="image" alt="Side Knee Hook" /></td>
<td>Side Knee Hook</td>
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<tr>
<td><img src="image" alt="Helicopter" /></td>
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<tr>
<td><img src="image" alt="Titanic" /></td>
<td>Titanic</td>
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<tr>
<td><img src="image" alt="Handstand against pole" /></td>
<td>Handstand against pole</td>
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</tr>
<tr>
<td><img src="image" alt="Back Arch Mount" /></td>
<td>Back Arch Mount</td>
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<tr>
<td><img src="image" alt="Wraparound" /></td>
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### Pole Intermediate

#### Pole Level 3

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<tbody>
<tr>
<td><img src="image1.png" alt="Mermaid" /></td>
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<td><img src="image2.png" alt="Handstand Mount" /></td>
</tr>
<tr>
<td><img src="image5.png" alt="Iguana" /></td>
<td>Iguana</td>
<td><img src="image6.png" alt="Shoulder Mount" /></td>
</tr>
<tr>
<td><img src="image9.png" alt="Pencil Spin" /></td>
<td>Pencil Spin</td>
<td><img src="image10.png" alt="Swan" /></td>
</tr>
<tr>
<td><img src="image13.png" alt="Aerial Invert" /></td>
<td>Aerial Invert</td>
<td><img src="image14.png" alt="Embrace" /></td>
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#### Pole Level 4

<table>
<thead>
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<tbody>
<tr>
<td><img src="image17.png" alt="Invert Drama Queen" /></td>
<td>Invert Drama Queen</td>
<td><img src="image18.png" alt="Invert Teddy Bear" /></td>
</tr>
<tr>
<td><img src="image21.png" alt="Dolphin" /></td>
<td>Dolphin</td>
<td><img src="image22.png" alt="Invert Barbie" /></td>
</tr>
<tr>
<td><img src="image25.png" alt="Caterpillar" /></td>
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<td><img src="image26.png" alt="Bud" /></td>
</tr>
<tr>
<td><img src="image29.png" alt="Extended Butterfly" /></td>
<td>Extended Butterfly</td>
<td><img src="image30.png" alt="Jack Knife" /></td>
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