



Aerial Dragonfly Studio Rules 2025

1. **Waivers:** All students must have a signed waiver on file.
2. **Respect:** Students must treat Aerial Dragonfly staff, equipment, and fellow students with respect at all times. Our teachers are here to guide and support you! Please be respectful, follow their instructions, and trust in their expertise to keep everyone safe and progressing.
3. **Injury Disclosure:** Students must disclose any injuries or medical conditions prior to class or training to ensure proper accommodations are made for their safety. Your instructor has the right to stop your training if they suspect continued action will result in injury, or if they perceive that you are at the point of exhaustion.
4. **Timely Arrival:** Students are allowed a 15-minute grace period for late arrival. After that, entry will be at the discretion of the instructor, and you may be asked to reschedule.
5. **No Peer Teaching:** Students are prohibited from teaching or instructing others.
6. **Instructor Guidance:** Respect your instructor's expertise. If they advise against a skill, follow their guidance as your safety is their top priority. Modifications are available to help you progress.
7. **Rigging Safety:** Only staff are permitted to adjust rigging or apparatuses.
8. **Equipment Utilization:** During your in studio session, only use equipment specified by your instructor. Do not tamper with other apparatuses.
9. **Personal Equipment:** Students may bring their own apparatuses for training. A staff member will inspect the equipment for safety. Please label your apparatus and rigging before bringing it in.
10. **Photography/Video:** Students may take photos or videos during their session at designated times, as long as it is not disruptive. Do not record instructors or other students.
11. **No Exposed Jewelry:** For safety reasons, students must remove all exposed jewelry during training.
12. **Proper Attire:** Ensure clothing is free of any zippers or exposed metal to prevent injury or damage to equipment.



Aerial Dragonfly Studio Rules 2025

13. **Substance Use:** Alcohol and drug use is strictly prohibited.
14. **Drops & Rolls:** Only experienced students with instructor permission may perform drops or rolls. These are not permitted during open gym or point rentals.
15. **Training Material:** Focus on the material provided by your ADMS instructor. Reproducing content from social media or online tutorials is not allowed.
16. **Maintain a Supportive and Inclusive Environment:** We embrace diversity and celebrates people of all backgrounds, identities, and experience levels. We respect and support all body types, gender identities, and expressions. Discrimination, body shaming, or negative comments about oneself or others are not tolerated.

We thank you for respecting and adhering to our studio rules. We strive to encourage a culture of kindness, encouragement, and mutual respect. Whether you are here for fitness, self-expression, or community, our studio is a space where everyone should feel safe and empowered to move freely and confidently. Let's uplift one another and create a positive experience for all!

Non-compliance with any of the above rules may result in being asked to leave without a refund.