

## **SAFEGUARD AGREEMENT POLE DANCE LEVEL 2**

### **PARTIES:**

\_\_\_\_\_, a member or ex-member of the student sports club WSPV Allegra, hereinafter referred to as "Athlete"  
and  
Wageningen UR, legally represented here by the Head of Sports Centre de Bongerd, hereinafter referred to as "Sports Centre de Bongerd (SCB)".

### **RECITALS:**

- Sports Centre de Bongerd offers sports lessons and courses to students and staff with the help of qualified instructors;
- Insurance companies consider the following sports to be risky: Parachuting, Mountain Climbing, Kiting, Rafting, Abseiling, Hang-Gliding, Ultra-light Flying, Paragliding, Gliding, White Water Rafting, Deep-Sea Diving and Caving;
- SCB considers Boxing, Pole Dancing and Gymnastics to be risky as well;
- Risky sports are offered at SCB only by qualified instructors; the sport lessons cannot be given without an instructor;
- There are, however, situations in which certain Athletes may independently perform parts of a risky sport;
- The qualified SCB instructors always determine whether or not someone meets the safety criteria set for independent practice;
- Qualified Athletes are registered by SCB.

### **HAVE AGREED AS FOLLOWS:**

#### **Article 1: Practising some sport skills**

Pole Dance instructor Laura ten Hove certifies that Athlete is qualified to independently practise the following skills in Pole Dancing:

- |           |           |
|-----------|-----------|
| • Climbs  | Deadlifts |
| • Inverts | Locks     |
| • Spins   | Flips     |

#### **Article 2: Recognising risks**

Athlete is aware of the risks involved in independently practising Pole Dancing and will comply with the agreements made with instructor Laura ten Hove. Drops may only be practised when:

- Jade drop/Invert drop
- Leg hang interchange

Can be carried out confidently. Always consider using a mat or asking help when performing these exercises.

#### **Article 3: Responsibility**

SCB cannot be held liable for any injury resulting from practising a risky sport.

#### **Article 4: Indemnification**

Athlete hereby states that he or she indemnifies SCB against any claim for injury resulting from independently practising Pole Dancing.

#### **Article 5: Athlete's obligations**

Athlete is obliged to comply at all times with the house regulations. He or she must always obey instructions from (supervising) personnel.

#### **Article 6: Period and termination of the agreement**

This agreement lasts for no more than one academic year and must be renewed at the beginning of a new academic year.

Agreed upon and drawn up and signed in duplicate on

.....(date) in ..... (city/town).

Henri ten Klooster

Head Sports Centre de Bongerd

Laura ten Hove

Instructor Pole Dancing

\_\_\_\_\_

Athlete

.....  
(signature)

.....  
(signature)

.....  
(signature)

## REQUIREMENTS LEVEL 2

You must be able to hold every move for at least 3 seconds and get out safely.

- Lay back
- Iguana
- Shoulder mount
- Hip hold/Jade
- Handspring
- Superman
- Handstand variation
- Brass monkey

If you can do these and moves from previous levels and you get permission of Laura, you are allowed to train independent with 2 people or more. Please inform the board of Allegra if you obtained your permission from Laura and changed your level. It is still encouraged to always try to find more than just one extra person to train with, because it's safer.