

SAFEGUARD AGREEMENT POLE DANCE LEVEL 1

PARTIES:

_____, is 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)". By signing this agreement, you are allowed to train independent with **3 people or more**.

RECITALS:

- Risky sports, amongst others Pole Dancing, 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.

Article 1: Practising some sport skills

Pole Dance instructor Lisa van Malssen certifies that Athlete is qualified to independently practise Pole Dancing.

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 Lisa van Malssen. The following skills will not be practised:

- Drops
- Flips
- Deadlifts (with exception from regular inverting to helicopter)

Article 3: Responsibility

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

Article 4: Indemnification

Athlete hereby states that they 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. They must always obey instructions from (supervising) personnel. Upon violations there's consequences.

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, drawn up and signed on

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

Henri ten Klooster

Lisa van Malssen

Head Sports Centre de Bongerd Instructor Pole Dancing

(Athlete)

.....
(signature)

.....
(signature)

.....
(signature)

REQUIREMENTS LEVEL 1

You must be able to hold every move for at least 3 seconds and get out safely. You are also required to know how to spot others in all of these moves safely. The Asterix symbol (*) indicates that the move needs to be controlled on both sides.

You must be able to know how the poles are installed and removed safely.

Spins

- Pole step*
- Knee turn*
- Back hook spin*
- Chair spin*
- Basic kate/Carousel*

Basic

- Pole climb
- Sit in pole
- Windmill/Fankick*
- Yasmin/Jasmine

Inverted positions

- Invert straddle (helicopter)
- Basic invert – no hands (inverted crucifix)
- Outside leg hang
- Butterfly

If you can do these and moves from previous levels and you get permission of Lisa, you are allowed to train independent with **3 people or more**. If permanent medical issues obstruct you from being able to do any of the required moves, please discuss this with Lisa to see if that can be omitted. Please inform the board of Allegra if you obtained your permission from Lisa and changed your level. It is still encouraged to always try to find more people to train with, because it's safer.

ADVISES FOR INDEPENDENT TRAINING

- Always consider using a mat or asking help when performing new or difficult exercises
- Warm up properly to prevent injuries
- Consider ending your training upon fatigue
- Consider training both sides equally to prevent injuries