

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

### **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 **2 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, with exception for 'ball drop' which is non-inverted, in a seated position.
- Flips
- Duo movements when only two people are present. Duo movements are allowed when a three or more persons are present.

### **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

Head Sports Centre de Bongerd

Lisa van Malssen

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. 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.

- Lay back
- Pole handstand (choice of one or two hands on the pole and choice of grip)
- Hip hold/Jade
- Extended butterfly
- Brass monkey
- Swan spin on static pole\*
- All moves required for Level 1 on two sides \* (with exception for climbing the pole)

And at least two of these three moves

- Superman
- Footmount/Reiko Mount
- Iguana

If you can do these and moves from previous levels and you get permission of Lisa, you are allowed to train independent with **2 people or more**. Duo moves are allowed when more than 2 people are present. 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 than just one extra person 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