



## Sweet Circus CIC

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## Strings and Balls Circus Club Eastbourne Informed consent & waiver

Strings and Balls is a circus club for adults & young people who have a basic level of skill to spend some time practising, jamming and socialising with other circus hobbyists, amateurs and professionals. It is a great opportunity to come together, share, play and learn from each other expanding social networks, and staying physically active.

Wednesdays (term time) 7.30 – 9pm at St. Elisabeth's Church, Victoria Drive, Eastbourne

This is not a taught or supervised session and as such we (and the venue) cannot take responsibility for children or young people under the age of 18. Participants over 16 can attend alone with parental permission. Children of participating adults are also welcome, but they remain under the supervision of their parent / carer.

It is therefore important that you read the following information, you will be asked to sign in at each session stating that you have read and understood the following information:

### **All participants are expected to abide by the Sweet Circus Code of Conduct:**

- We are all on our circus journey. The journey is open to Every Body who wants it. We started in different places at different times and are taking different routes at different speeds, but we are all on a voyage of self-improvement, acceptance and discovery.
- We are accepting of all people and respectful of their identity (including pronouns, checking boundaries regarding language / touch / volume etc).
- We share, look after, value and respect each other, our equipment and our venues but our journey is our own.
- We help each other to see our improvements and celebrate together.
- We can ask for help, and help others, but we also look after, value, and respect ourselves.
- We don't take ourselves too seriously and give ourselves permission to have fun.
- We are welcoming and friendly, and want to help everyone feel included.
- We wear cool socks, odd socks are cool but not wearing cool socks is also cool.
- We get things wrong sometimes but we learn from that and use it to improve.
- We are supportive and embrace effort over achievement – No one-upmanship!

### **Activities: Everyone should take good care of themselves, the venue, and others.**

You are individually responsible for your own safety. Circus skills can be dangerous, and we all expect the odd bruise but please do not take unnecessary risks. If you need guidance or a spotter ask around, someone may be able to help you. Be aware of the impact your activity may have on other participants, ensure you have adequate space around you and that any nearby people are aware if there may be flying projectiles any moment!

Additionally, if you have a medical condition that we need to know about in an emergency, please talk to a member of staff who may ask you to complete a participation form.

We would like to see many different skills practised but need to balance this with the safety of all participants and potential damage to the venue, for this reason any skills using knives, blades, glass, liquids or fire are not permitted. Below is a list of the kinds of activities we can support, if you can't see your activity here, don't worry, just get in touch and see if we can add it to the list:

**Juggling & Manipulation:**

- Clubs, balls, rings
- Cigar boxes
- Diabolo
- Contact juggling
- Group & partner juggling
- Kendama
- Bar flair practise (not glass or liquid)

**Flow & Spinning:**

- Poi, contact poi, partner poi
- staff
- Hula Hoop
- Plate spinning

**Other:**

- Unicycling
- Slack line (if available)
- Balloon twisting

Please bring your own equipment if you can. We have a very limited supply of equipment you can borrow which needs to be sanitised or quarantined after the session.

The venue is a church and other areas of the building are being used at the same time as our session, whilst we do not expect you to be quiet during the session, just be mindful that other people can hear us. We have use of the hall only and toilets when needed. Please do not use the kitchen area. There is also a class taking place on the stage and so this area is out of bounds.

Any chairs that are moved will need to be replaced before you leave. The session will close promptly at 9pm.

**Contributions:**

Strings and balls currently operates on a voluntary contribution basis. Without these contributions we are unable to pay for the venue hire. The suggested donation is minimum £2.50.

There is a collection bucket at the reception desk, you can also donate via our website:

<https://www.sweetcircus.net/products/donation-to-support-the-circus-fun> or via paypal to [info@sweetcircus.net](mailto:info@sweetcircus.net)

**Strings and Balls is a perfect opportunity to meet and socialise with other circus enthusiasts, share skills and practise. We all need to be welcoming and supportive of each other.**

**Parental Consent form (for participants age 16 – 18)**

Participant Name .....

I give permission for my child to attend Strings and Balls sessions. I understand this is not a supervised session and that the session is open to the public.

Signed:.....

Parent / Carer Name .....

Contact Number .....

Additional Emergency contact during the session if required:

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