

# POLE IN THE WALL STUDIO RULES

## SAFETY

Any time you are unsure of a move in class, ask your instructor for a spot or a tip, and always use a crash mat if you feel the need. Open Studio time is available to practice what you already know, and is not a time to teach your friends new tricks or to try tricks that require a spot. Our instructors are certified not only in their craft, but in CPR and First Aid, and learning from them during class or private lessons is the best way to teach your body the proper ways in and out of tricks to keep your body safe. You may be tempted to ask a friend in class to help, but remember they are also students in class so they may not have the correct answer for you. That being said, if you ever see someone in class being unsafe, help them or call over an instructor to help. Safety is everyone's priority. Teachers reserve the right to excuse a student from class at any point if they are presenting as a risk to themselves or other students.



## VIDEOTAPING & PHOTOGRAPHS

Please wait until the end of class to videotape. Cameras out during class is disruptive, and while you are allowed to take notes during class time, videotaping warm ups and other parts of class are not allowed. Experience the class in real time while you are there! Not everyone likes to be in videos, so please ask your classmates if they mind appearing in your video and be courteous of their wishes.

## ATTIRE & JEWELRY

As you progress in pole, you'll need to come prepared to have skin contact with the pole. Always wear what you feel comfortable in, but make sure you have clothing options to accommodate whatever lesson may be planned for the day. Getting jewelry caught on Pleaser boot laces or clothing while you are pole dancing is no fun and can sometimes be unsafe. It is best to remove all rings, necklaces, and long earrings before pole dancing.



## BE NICE TO YOURSELF & OTHERS



We are all here for our love of pole and discovering what our bodies are capable of, so try to limit the number of times you say "I can't" in class. Be patient with yourself and try not to be frustrated if you have a "bad pole day." Remember, a bad pole day

is still better than a day without practice. As long as you came to class and you tried, you get the benefits! We all come into class with our own unique bodies, different ranges of motion, etc. so try not to compare yourself to anyone else in class. If you have to share a pole with someone in class, make sure you are both getting equal time on the pole. You may be shy, but speak up for yourself in a kind way if your pole partner is hogging the pole, and always be encouraging to others in class.

## KEEP IT CLEAN

Wipe down your poles after you've finished poling using the alcohol spray and towels at the front of the studio. When you are finished using a yoga mat, please wipe it down using the yoga mat cleaner located by the yoga mats. If you use equipment in the warmup room, put it back where you found it.



## TARDINESS & MISSED CLASSES

If you know you will be late, send your instructor a text if you can. We ask that if you are up to 15mins late to class, you must warm yourself up in the warmup room using the "Late to Class Warmup" posted on the wall, and then join class when you are done. It is important to warm up before working in class so your body is prepared, decreasing the chance of injury. If you are more than 15mins late to class, you are free to audit the class but you cannot participate. Students must cancel class 2 hours before class start time to reclaim the class credit.

## TALK TO US

If you have questions, comments, concerns, or suggestions for classes or anything else, contact owners Maryna and Mændy in person or via email at [thepoleinthewall@gmail.com](mailto:thepoleinthewall@gmail.com). <3



# COVID-19 SAFETY PROCEDURES

## WHEN TO STAY HOME

To keep everyone safe and healthy at the studio, we have to ask students who are showing any symptoms, or who have been in contact with the virus, to please stay home.

## Symptoms of COVID-19 include:

- Fever
- Fatigue
- Dry Cough
- Difficulty Breathing

## HOW TO ENTER THE STUDIO

Anyone entering the studio will need to leave shoes in the lobby and immediately wash their hands before doing anything in the studio. We have a touch-free thermometer that will take your temperature, and anyone with a fever will be asked to leave.

Because of the air conditioning and ventilation issues that can possibly spread virus droplets to people in an enclosed space, we have increased the time between classes so we can properly disinfect and ventilate the studio for each class.

## WHAT TO BRING TO CLASS

Please bring your own hand towels to class to wipe your poles and the floor you used during class. You are welcome to bring your own alcohol spray, but we will have spray bottles to use as well as paper towels in case you forget your own.

Please bring any equipment you may need for your practice session with you, such as a yoga mat, yoga blocks, hand towel, yoga strap, etc. We will not have any of these items available for student use at this time, and the only shared equipment we can allow is the crash mat. After each use the crash mat must be wiped down using the yoga mat cleaner (alcohol eats away at the material!) and paper towels provided in the warm up room. Use of the crash mat is at your discretion, so if you do not feel safe sharing the crash mat with others, please do not do tricks that would require the use of a crash mat.

Please also bring your own water so you can stay hydrated during your session. We still have Dry Hands for sale at \$16/bottle.

## NO HANDS-ON & NO SHARING

Instructors will not be able to do any hands-on spotting at this time, so lessons will consist of reviewing tricks you feel comfortable practicing.

Please be careful to stay at your own pole during class. We are limiting class sizes to accommodate one student per pole, or 4 people per class including the instructor, and each pole is distanced 6ft apart. Masks can be worn during class for protection.

## AFTER CLASS PROCEDURES

Be careful not to leave belongings at the studio. Be mindful when others are using the bathroom, and please make sure the areas stay clean after use. Everyone must wash their hands after class.

Students are not allowed to stay in the studio in between classes and students are not encouraged to arrive early or stay later after class time.

## CONSIDER ONLINE LESSONS

If you are unable to return to the studio, please consider trying our online classes. We have several options for taking pre-recorded classes, or live private online lessons.

You can schedule an online private lesson for pole, flex, exotic technique, conditioning, dance, etc. You can still get a great workout within the required limitations in the comfort of your own home, with or without a pole. We will make it all work!

## WE APPRECIATE YOU

Thank you so much for your cooperation and willingness to keep our bodies and our studio safe and healthy. If you have any questions or comments about how we can make the studio a safer space, please let us know via email at [thepoleinthewall@gmail.com](mailto:thepoleinthewall@gmail.com)

