



STILT-WALKING Class SAFETY GUIDELINES:

Stilt walking is a fun and challenging activity that can reward students with increased self-confidence, enhanced physical awareness, and the elation that comes from overcoming fear. Each year many people, from children to adults, successfully learn this skill and walk the parade route without mishap. However, it is an activity that does not come without risk. FAC makes every effort to prepare students for learning to stilt-walk. Below are our thoughts on the matter.

1. **Suitable Clothing:** Part of being prepared for stilt-walking includes wearing suitable clothing; clothing should fit properly (not too baggy, but provides good range of movement) and breathe well. Sturdy shoes or boots are mandatory; no sandals or bare feet. Long hair should be pulled back.
2. **Padding:** Wrist guards are strongly recommended; helmets, knee and elbow pads are encouraged. Each student assumes the responsibility for their own choice of padding. If a student does not have the appropriate pads, a limited number of shared safety pads are available.
3. **Present state of mind:** Everyone attending class needs to arrive in a state of mind and body conducive to challenging physical and mental activity. ***This includes being sober, well hydrated, and well fed (our bodies are at their best when taken care of.)***
4. **Warm Ups:** There will be warm ups before every class, including leg, back, shoulder and arm stretches, and stilting movement on the ground. If students arrive late, they must still go through a full set of warm ups before they stilt up.
5. **Spotter:** Every stilt walker must have a support person, or spotter, to assist them while learning. Students will provide this support for each other; rotating practice time up on stilts. During the parade, spotters must also be present to support stilt walkers with water, up/down, and ground level awareness of hazards (i.e., people not watching out for stiltwalkers, inconsistencies in street surface, etc.)
6. **Establish Balance:** Classes are held in a park, where there is opportunity to find initial confidence and balance by holding onto the fence surrounding the play field. However, students are expected to establish their balance and move away from the fence halfway through their first class.
7. **Complete Awareness:** Stilt walking requires complete attention and awareness of self and surroundings. If a student does not display attention and awareness at all times during the class, they will be asked to stilt down immediately.
8. **First Aid:** There will be a complete first aid kit on-hand at every practice. In the event of a medical emergency, the instructor is trained in First Aid and CPR.
9. **Medical insurance:** Students are strongly recommended to have medical insurance coverage in case of an injury. Broken wrists, sutures, and other treatments can be costly.
10. **Review safety information:** The first class will begin with a review of safety information, including how to fall safely. This safety information will also be given in writing, and students will be asked to sign, agreeing that they have read and understand it, in addition to signing the hold harmless waiver. No one will be allowed to stilt up without a signed safety guideline form & a hold harmless waiver on file.

SUMMARY of SAFETY GUIDELINES:

Students must be:

- Physically and mentally prepared (Arrive in a state fit to stilt.)
- Personally responsible (Responsible to self and others, respectful of workshop participants, parent/supervisor for kids)
- Respectful of the risks involved.
- Have a signed safety guideline form & a hold harmless waiver on file.

Stilts will NOT be made during this class. Stilts will be provided for practice and can be used with instructor approval during the parade. Students are welcome to take this class and may choose to participate in an ensemble in the Fremont Solstice Parade. All activities are AT YOUR OWN RISK.

Participant X: _____ Date: _____

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