

Flying Trapeze at Sportsplex New Windsor Summer, 2020

The Flying Trapeze is one of the most iconic and spectacular of traditional circus acts. But it is much more. Once only undertaken by a few elite acrobats, it is a learning experience now available to ordinary people of all ages. It is a chance to break through, to experience our own capacity, and to develop mastery in ways most of us can't imagine. It is a chance to do something extraordinary in a safe and nurturing environment, under the guidance and in the hands of experienced professional coaches. It is a chance for you to fly. And, it is fun – for the whole family.

During the summer of 2020, Sportsplex will host its second annual summer flying trapeze academy, The program is a partnership with **LISTO Flying Trapeze** and the award-winning international flyers and coaches of the renowned **Flying Royals** troupe.

During the continuing pandemic we are operating under well-thought out and prudent Health and Safety Protocols that are in full compliance with federal, state, and local guidelines. We are monitoring the situation as it evolves, and adapting our practices as needed.

The cost to participate in a class is \$75 for ages 13 and up, and \$60 for kids between 6 and 12 years old. To register for a class or to participate as part of the Sportsplex summer day camp program, call Sportsplex at 845.565.7600 during regular business hours. If you have any questions about the program, call or message Justin at 561.352.3484, or email newburghtrapeze@gmail.com.

Our team is also available for special events such as intensive workshops, birthday parties, organizational team-building events, and performances. In addition to regular flying trapeze classes, expert instruction is available in other circus disciplines including aerial performance, handstands, juggling, and flexibility/conditioning. For more information about any of these programs, contact newburghtrapeze@gmail.com.

A portion of the proceeds from this program will be donated in support of Safe Harbors of the Hudson's RitzKidz Circus on the Green, providing free social circus training to young people in the City of Newburgh.

SPORTPLEX FLYING TRAPEZE FAQs

Can I Learn to Fly?

You do not need to be an athlete, or even particularly adventurous, to take a flying trapeze class with us. In general, if you are in reasonably good health, around six years old or older, can hold your own weight, and do not weigh more than 250 lbs. or so, it is likely that that you will be able to fly. Our instructors will assess you before giving you your flight clearance; there are several factors our team will consider, and their determination of your fitness to fly is final.

You may not fly if you are, or appear to be, under the influence of alcohol or drugs, if you are pregnant, or if you have certain health or medical conditions. Please consult our team for more information.

If you are under 18 years old, you will need to have a parent or legally appointed guardian with you when you come to class, and they will need to sign documents giving their permission.

What Are You Doing to Prevent COVID-19 Transmission?

We are operating all of our activities under stringent Health and Safety Protocols that exceed the requirements of New York State and other relevant guidelines. These include social distancing where possible, mask use where possible, and rigorous disinfection of equipment and apparatus. A description of our Health and Safety Protocols is attached.

How Do Classes Work?

We offer classes for all ages and ability levels, including complete beginners. As a beginner, you will be connected to our industry-standard safety line systems from the moment you leave the ground to the moment you return. Our team of qualified instructors will take you through the entire process, from “ground school” to hooking you into the safety lines, through climbing the ladder, holding the bar, swinging through the air, and possibly even getting caught in mid-air by the strong hands of our catcher. They are with you every step of the way, to guide you, teach you, and help keep you safe. Our giant safety net is always under you to help provide a soft landing.

Are There Age Requirements?

You must be at least 6 years old to fly, and our coaches will make the final determination of whether any particular person is eligible.

What Should I Wear?

We recommend that you wear form-fitting clothing suitable for an athletic workout, such as yoga pants or tights. Sweat pants are ok, but avoid things that are too baggy. Long pants (or at least pants that cover the backs of your knees) will be helpful. A shirt or top that fully covers your torso will protect your skin from the safety belt that you will be wearing. For your feet, please wear socks when you are flying, and bring shoes or sandals you can step into on the ground. Have something with you to secure long hair. Please avoid using greasy or oily lotions, including suntan lotion, on your hands and wrists.

What Should I Bring?

Bring a water bottle and a small towel. Returning flyers are encouraged to bring palm-guards, wrist wraps and athletic tape. Note that under our Health and Safety protocols we will not be providing water to drink, so please be sure to bring your own.

Do You Have Rest Room Facilities?

At the moment, due to COVID-19 restrictions, there is no access to the rest room facilities on site at Sportsplex, so please do what you need to before you arrive.

What if the Weather is Bad?

We will do our best to have all classes run as scheduled. If we need to cancel due to weather or other conditions, we will give you options to reschedule your class or provide a refund. Note that if a class has to be stopped when it is more than halfway complete, we will not provide a refund.

What if I Need to Cancel, or Can't Make it to Class?

We understand that schedules change, and things come up. If you need to cancel more than 72 hours in advance, we will offer you a chance to reschedule your participation or receive a refund of the cost of the class. Cancellations after that are non-refundable, but we will do our best to reschedule your participation into an available slot in another scheduled class.

What if I Am Afraid?

It is natural to experience fear or anxiety when you are trying something new, and many people have concerns about height. Our team members have worked with thousands of people to move through that fear, come out the other side, and discover their ability to move beyond it to the experience of exhilaration and mastery.

What if I Just Can't Get Enough Flying?

Contact us directly to enroll in our intensive program of small group classes to build more advanced skills. No previous experience is required.

Can I Have a Flying Trapeze Birthday Party or Special Event?

Absolutely. Contact us directly to discuss the possibilities for parties or other special events and group or organizational activities, such as office team-building sessions.

Do You Provide Private Instruction?

Yes! While instruction in each class is personalized to fit each student, private instruction is also available in a variety of circus arts, including flying trapeze, static trapeze, aerial silks, juggling, tumbling, contortion preparation and more. Contact us at newburghtrapeze@gmail.com for more information

Why LISTO?

LISTO is a Spanish word meaning, "I am ready." It is the traditional signal call made to the catcher when a trapeze flyer is ready to take off.

How Can I Contact You?

To register for classes, call Sportsplex at 845.565.7600. With any other issues or questions, call 561.352.3484 or email newburghtrapeze@gmail.com.

Sportsplex Flying Trapeze

COVID-19 Safety Procedures for Flying Trapeze Classes and Workshops as of July 1, 2020

All flying trapeze and related activities conducted at Sportsplex are operated with safety as our highest priority. The continuing COVID-19 pandemic presents special risks and challenges. Our practices follow and go beyond the regulations and guidance provided by national, state, and local government, including the advice from the CDC. We will continue to review and adapt our practices as the situation and science evolve. *We reserve the right to refuse services to anyone displaying symptoms or not following guidelines.*

This document provides a summary of our current practices. A more detailed explanation of our procedures is available upon request.

- **Screening for staff and participants.** All staff members and participants will self-certify prior to arrival that they meet established criteria for participation, including previous exposure status and adherence to all guidelines. A copy of the Self-Certification Form is attached. Additional screening, including temperature measurement, will be conducted upon arrival.
- **Social Distancing.** We have marked our perimeter with pennants for class participants. All non-participants must stay outside the perimeter. Additionally, though we are an outdoor facility, participants will maintain a minimum distance of six feet from each other and from staff members. Only one participant is permitted on the pedestal board at a time. Staff members will maintain the minimum degree of proximity required to do their job of ensuring the safety of the participants.
- **Water and Bathrooms.** There is no shared drinking water or restroom facilities available on site. Plan and prepare accordingly.
- **Wear a Face Mask.** Participants will wear masks covering nose and mouth at all times except while actively on the rig. Participants have the option to wear a face covering while flying. Staff members will wear masks the entire time. Please bring your own masks.
- **Use Hand Sanitizer Often.** This includes sanitizing before climbing the ladder and after returning to the ground each time. The Pedestal Instructor will use hand sanitizer between each participant.
- **Equipment and Apparatus.** Equipment and community/high traffic areas will be cleaned and sanitized prior to each class, including but not limited to ladders, mats, safety belts, rungs, etc.
- **Limited Class Size.** Smaller classes will help to minimize sharing of safety equipment and allow everyone to more easily maintain social distance.
- **Contact tracing for all attendees.** In compliance with State requirements, we will collect names and contact information for every participant.