

AASCF Stunt Safety Code

- ☑ If you have not been shown how - then don't stunt.
- ☑ If you are feeling tired or unwell you should not stunt.
- ☑ Always warm up and stretch before any practice session or performance.
- ☑ Ensure clothing and footwear are suitable. No hoods, baggy sweaters, jewellery, or low grip materials. Avoid unnecessary frills, trim, and pockets.
- ☑ Check the floor surface. It should be flat, solid, dry, free from loose items, and have a good surface.
- ☑ Check the surrounding area for dangerous obstructions such as chairs or railings.
- ☑ Check overhead for ceiling height, light fixtures or roof beams.
- ☑ Practice with crash mats, especially when indoors.
- ☑ Before practicing a stunt or pyramid talk through each stage, especially the dismount, before building.
- ☑ Pyramids should be practiced to a count sequence. You can add music or chant words later, based on the count.
- ☑ Practice building a stage at a time, and dismounting from each stage.
- ☑ Beginners should start off mastering the basics and not be lead into advanced stunts.
- ☑ Bases should be set, and where applicable locked, before the flyer starts to mount.
- ☑ Get stage one right before going onto stage two.
- ☑ Dismounting from each stage generates good control for bringing it down safely at any point.
- ☑ Every stunt or pyramid should be practiced with spotters, ideally one person covering for every person off the ground. Everyone on the squad should become proficient in spotting techniques.
- ☑ Concentrate. Be alert.
- ☑ Only one person should be talking during stunt building practice, and then only to count. Always be serious about what you are doing. If someone can't stop laughing, take a break
- ☑ The final set should be held for at least a count of two, both for visual effect, and to aid dismount timing.
- ☑ Always dismount from the top down whilst continuing the count.
- ☑ Spotters and bases- never take your eyes off the flyer, they are trusting you.
- ☑ Practice makes perfect, but beware that repetition can make for complacency.