

Rules – Open training

Use of the facilities

- Scheduled classes always take priority over open training sessions. If you are participating in an open training session and are asked to move so that a class can use the space you are occupying, you must move.
- Please choose your training space carefully to ensure your safety and that of other users.
- It is prohibited to use open flames and/or sharp knives or objects deemed dangerous.
- Take the time to review the diagrams regarding grid attachments and associated loads.
- Properly secure your space with a mat and/or lanyard, depending on the level of risk associated with the activities you are performing.
- It is prohibited to swing or balance on the Jubé.

Utilisation des Équipements

- Use the school's equipment for its intended purpose.
- Never use broken equipment. If you see broken equipment or break any yourself, please bring it to the floor manager.
- Return equipment to its proper place and pick up your personal belongings.
- If you are storing acrobatic apparatus, please refer to the storage policy.

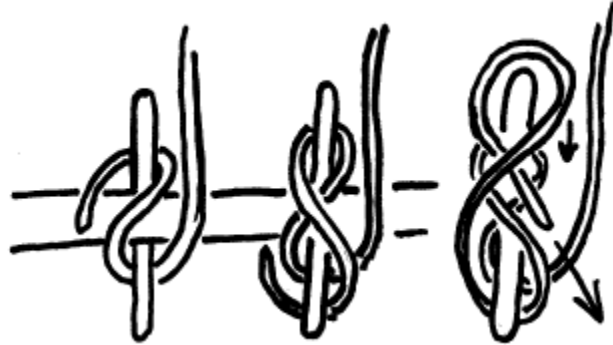
Trampoline use

Before Jumping

- Make sure the perimeter mats are properly installed.
- Make sure the safety benches are properly installed.

- There must always be two people present during training (one jumper and one spotter; however, a spotter is not required on the wall trampoline)

Attaching to the pinrail



- It is important to properly coil the ropes at the end of the session
- When attaching to the pinrail, it is essential to follow this procedure twice to ensure proper security

Policy Regarding the Storage of Circus Equipment for Professionals

As part of the open training sessions reserved for professionals at the École de cirque de Québec (ECQ).

The ECQ will allow the storage of circus equipment, under certain conditions, for those who train regularly at the school.

Procedure

- Submit a request by sending an email to pdube@ecoledecirque.com.
- The email subject line must read “storage for professionals”; the message must include your name, a description of the equipment you wish to store, and the dates you will be at the school.
- You will receive a response, and if approved, a storage space will be assigned to you.

Conditions

- The ECQ reserves the right to refuse to store equipment due to lack of space.
- Storage is reserved exclusively for professionals actively participating in open training at the school. This is a privilege granted to facilitate an artist’s

open training. Since the ECQ is not a warehouse, if you take a break from your open training, you must retrieve your equipment at that time.

- If extraordinary circumstances force the School to close for an extended period or to reclaim space, you will receive an email with instructions on how to retrieve your equipment, and we ask that you comply promptly.
- The ECQ assumes no liability for damage or theft. We recommend that you have personal insurance.