



# Remote Teacher Training Pre-Registration Info Pack

## Audition Video

The pre-requisites and audition skills required for registration are all listed in the Course Requirements tab on the sidebar menu. We ask that you use your audition video as a chance to show us the space that you will be participating from. When filming, set up your space how it will be when you are attending the course. As a large portion of the course will focus on developing our "coach's eye" and delivering feedback to one another, it is important to have as clear of a view as possible. Consider where the light comes into the space and select a camera angle which will not make you backlit during the times of the course. Experiment with the distance of your device. Make sure it's set back far enough so that we can see your entire body when you're in the air, but not SO far that you'll be a speck on our screen.

## Time Zones for Zoom Calls

We will be running the weekly zoom calls in two or three time zone groups (depending on the training). Please make sure to double check the website on the SCHEDULE page to view your options. To see which option works best for you we suggest you use a time zone converter. [www.thetimezoneconverter.com](http://www.thetimezoneconverter.com)

You will need to indicate which time zone group you will be attending on your registration form





## Studio Access for Video Submissions

You will need approximately 7-8 hours a week of studio access to film your Video Submissions for the Skills Portion of the training. These hours can be scheduled on your own time.

## Studio Access for Zoom Calls

You will also need to arrange Studio Access Time for a portion of the Zoom Classes, only during the aerial section of class. (4 out of the 12 hours) You will receive a detailed schedule after registration.

## Additional Information for Zoom Calls

When planning your schedule, please keep in mind that there is only 5 minutes scheduled between activities when we transition from discussions to the aerial section of class. This is enough time to change rooms, not enough time to drive home.

For Zoom Call 1 it is possible to participate on an at home pull-up bar. This would make it possible to attend the entire session without studio access.

Please note that you will need a space to do floor exercises in the same room as your aerial equipment. This space does not need to be large, at minimum, the size of a yoga mat.





## Outdoor Rigging

If the weather is agreeable and you can participate outside then you would do the physical modules alongside everyone else. If the weather is not agreeable then you have two options to make it up. If your location allows for it, you could opt to attend the alternative time zone session. If this is not possible, you can participate in the session and through watching, taking notes, and giving feedback to others, but you would video yourself doing the exercises at a later time once the weather allows, and send us a video.

## Your Aerial Rigging

We need to ensure that the space you will be working from passes adequate safety checks which reflect the standards of ACE (American Circus Educators) of which we are recognized.

This includes professionally approved rigging and a proper crash mat. Please only apply if you have these things in place. On the registration form we will be asking you about what type of installation you have with appropriate documents and photos. In certain cases, we may ask you for additional information such as the name and contact info for your rigger and/or structural engineer. If it is a freestanding rig, we will need to know the manufacturer.





## Minimum Height Requirements

Level 1 Silks – 10 ft / 3 meters

Level 1 Rope – 15ft / 4.5

Level 1 Trapeze – Variable\*

Level 1 Lyra – 12ft / 3.5 meters

Level 2 Silks – 13 ft / 4 meters

## Safety Person

There are certain parts of the course which require having a safety person in the building with you. We feel strongly that if you are in the air, anything can happen. A fall from just a few feet doing something simple can be dangerous. We would not want you to be alone and not be able to get help. As we are not there in person with you, anytime you are in the air, you will need to have a safety person with you. It can be anyone as long as she can physically see you and dial a phone for help in case of an emergency.

Your safety person would need to be present during any of the Zoom Class times where we are using the aerial apparatus. There is one exception, for Zoom class 1 - no safety person is needed.

\* Minimum height for Level 1 Trapeze will depend on the length of your ropes. We have a method we use for shortening trapeze ropes, using a prusik knot. In this case the minimum height would be 12ft / 3.5 meters. This is safe for any trapeze without a steel or amstel core. If you have a trapeze with a core, and need to shorten your ropes for this program, please reach out to the manufacturer.



## Contact Details

If you have questions about your eligibility or rigging you are welcome to contact us at [PDMTeacherTraining@gmail.com](mailto:PDMTeacherTraining@gmail.com)