



PISCES POLE STUDIO LTD

Stronger together, building confidence and community

the Pisces way!

STUDENT WELCOME PACK

Welcome to Pisces Pole Studio Ltd

We're so excited to welcome you into our supportive and friendly community. Pisces Pole Studio is a space where strength, artistry, confidence, and empowerment come together. Whether you're here for pole, hoop, silks, flexibility, or dance, this is your space to grow, explore, and shine.

This Welcome Pack contains everything you need to feel prepared, safe, and supported.

Our Studio Values

At Pisces Pole Studio Ltd, we believe in:

- **Inclusivity** — Everyone is welcome
- **Safety** — Your wellbeing comes first
- **Empowerment** — We celebrate every win
- **Professionalism** — High standards, high support
- **Community** — We lift each other up

You're not just joining a class — you're joining a family.



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What to Expect in Your First Class

- A warm welcome from your instructor
- A guided warm-up to prepare your body
- Clear, safe instruction at your level
- A supportive, judgement-free environment
- A cool-down to finish your session

You don't need to be strong, flexible, or experienced — you just need to show up.

What to Wear

Pole

- Shorts that allow grip on thighs and backs of knees
- Sports bra or fitted top
- No lotions or oils within 12 hours
- No jewellery

Aerial Hoop

- Leggings or fitted long legged bottoms
- Fitted top or all in one jumpsuit/leotard
- Layers recommended for back/hip hangs
- Socks



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Aerial Silks

- Form fitting full-length leggings or bottoms
- Fitted top that covers torso or all in one jumpsuit/leotard
- No zips, buttons, or sharp embellishments
- Socks

Full details: **Grip Aid & Attire Policy**

What to Bring

- Water bottle
- Small towel
- Grip aid (optional, studio-approved only)
- Positive energy

Studio Rules (Quick Guide)

- Follow instructor directions
- No filming others without permission
- No jewellery
- No food in the training area
- Please arrive 5 minutes before class starts — late entry may not be permitted
- Respect the space and each other



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Safety First

Your safety is our top priority.

We ensure:

- Daily equipment checks
- Qualified, trained instructors
- Safe progressions
- Proper matting
- Clear spotting and supervision

You must:

- Tell your instructor about injuries or medical conditions
- Only attempt moves taught in class
- Use mats correctly
- Report hazards immediately

Full safety details: **Emergency Evacuation Plan**

Photography & Filming

We love celebrating your progress — but we also protect your privacy.

- You may film **yourself only**
- Do not film others without permission



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- No filming minors
- No filming during safety-critical moments

Full policy: **Photography & Media Policy**

Booking & Cancellations

- All classes must be booked in advance
- 24-hour cancellation window for general classes
- Workshops are non-refundable
- Late arrivals (10+ minutes) may not be admitted for safety

Full details: **Booking & Cancellation Policy**

Progression & Levels

We want you to grow safely and confidently.

- You'll progress at your own pace
- Instructors assess readiness continuously
- You'll receive clear feedback and support
- Moves are taught in safe, structured progressions

Full procedure: **Class Progression & Assessment Procedure**



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Safeguarding (For All Students)

We are committed to protecting children, young people, and adults at risk.

- All staff follow strict safeguarding procedures
- Minors must have parental consent
- Adults must maintain appropriate boundaries
- Concerns are reported immediately to the DSL

Full safeguarding policy: **Safeguarding Policy** Concern reporting: **Safeguarding Concern Reporting Procedure**

Your instructors

Our instructors are:

- Fully trained
- DBS checked (where required)
- First-aid aware
- Passionate about your progress
- Committed to safe, inclusive teaching

Full training standards: **Instructor Training & Competency Procedure**



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How to Get the Most Out of Your Training

- Be patient with yourself
- Celebrate small wins
- Ask questions
- Stay consistent
- Trust the process
- Support your classmates

Progress is not linear — but it is always worth it.

Contact Information

Pisces Pole Studio Ltd

Email: Piscespolestudio@gmail.com

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Welcome and remember that we are always here to help!