



Notes for Venues

Space - Clear space - flat floor

Get In and Strike - 30 mins maximum

LX - One 13amp socket required

Number of participants - Maximum 70

Age range - We suggest over 8's. There needn't be an upper age-limit, everyone works at their own level.

Clothing - Advise participants to wear loose clothing. Track-suits, shorts, trainers are fine. High heels, dresses, suits and ties not recommended.

Safety Rules - The safety check forms part of the introduction but briefly includes:-
No chewing or eating, No metal or plastic hair slides, Nothing in pockets, that could be dangerous, Shoe laces done up, No long necklaces, long ear rings, No ties, keys on strings

Audience - The workshop culminates in a performance. If parents are leaving children to participate, encourage them to return 20 mins before the end to watch the "show".

Length of session – Workshops can last from 1½ hours to one or two days or a week.

Spectators - We encourage everyone, to take part.

Activities – Juggling – Bean Bags, Clubs, Rings and scarves. Unicycle, Tightrope, Plate-Spinning, Diabolo, Cigar Boxes, Clown & slapstick routines, Chinese Ribbons, Human Pyramid, Russian Poles and the Bed of Nails and more.

Photos and Video - We don't mind photos or video during the workshop.

