



ALEXANDER AERIAL ACROBATICS

INSTRUCTIONS AERIAL HOOPS

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INTRODUCTION

I am absolutely delighted that you have chosen one of our products!

The **Alexander Aerial Acrobatics**[®] brand stands for quality, and we have designed these hoops to meet all your requirements at an affordable price.

In deciding to purchase an aerial hoop, you are very much in tune with the times. A lot of evidence has emerged in recent years that acrobatics is an excellent balancing sport for children, teenagers and adults, which also boosts self-confidence, improves coordination, strengthens the body and enhances personal wellbeing.

These hoops have been designed on the basis of experience gained from actual training sessions and are constantly being further developed. The materials used are of high quality, which ensures a long service life for the equipment. The optional ropes have been tested for their breaking strength. We present the proof of this in the appendix at the end of this document.

If you have any suggestions for improvement, please do not hesitate to contact me!



SAFETY INSTRUCTIONS

Give all rigging components (snap hooks, slings, shackles and suspension points), ropes and splices a visual inspection each time you use the hoop. If the rope shows signs of wear or if the splicing has worked loose, it must be repaired or replaced and – most importantly – the hoop should not be used until the repair is complete. The same applies to the rigging components. If damage is detected, they are unsafe to use and must be replaced.

Check the welds and splices on the pole should be checked for damage every six months. Although replacement of the padding and sheathing is expensive, it is absolutely essential from a safety perspective.

Regularly check the suspension loops supplied for damage on the inside. If they are badly worn or show signs of tearing, they must be replaced.

I will be happy to help and advise. Just send me an e-mail, or give me a call.

Please retire your Equipment at the end of its Lifetime (Rope Options).

PRODUCT INFORMATION

MATERIAL PROPERTIES OF THE HOOPS

All of our hoops are manufactured from stainless steel and are supplied for either double-point or single-point rigging. They are also optionally available with rope of the requisite strength already attached by means of stainless steel thimbles and with padding.

The optional padded ropes can be sheathed with a choice of material.

The hoop can be supplied in its original stainless-steel finish or sheathed in a choice of coloured cotton tape. The purpose of the tape is to avoid slipping of the hands and the consequent risk of injury. However, taping of the hoop may prevent or complicate some moves performed close to the pole (e.g. star on the bar), as the gymnast's clothing may become entangled.

The hoops (26.9mm tubing, 2.6mm thick steel) are available in diameters of 90cm, 95cm, 100cm, 105cm and 110cm.

0-POINT RIGGING

The basic hoop is supplied without any rigging. The user makes his or her own rigging with the help of round slings, preferably from our range of accessories. For this purpose, the single or multiple sling strops are attached to the hoop at the desired points by means of a 'Prusik' (i.e. friction hitch) knot. How and at which



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point this is done is up to the customer and is his or her responsibility. These instructions also do not make any recommendation as to whether the purchaser uses tape underneath or adjacent to hold the knot in place.

The hoop itself has a breaking load of 1,700 kg, measured in a tensile test at two opposite points. Please bear in mind that sling stops lose up to 30% of their breaking load as a result of knotting.

With a working load factor of 14, this corresponds to a recommended maximum weight of 121 kilos for the person(s) using the sling.

1-POINT AND 2-POINT RIGGING (PADDED)

Customers have a choice of two types of rope that can be used with this model. They are directly connected to the tubing of the hoop and, depending on the model selected, offer 1 or 2 eyelets at the top for snap hook or similar rigging components. The connecting elements are optionally supplied with or without padding and sheathing.

Sheathing options: fake leather, suede (recommended)

This rigging option offers a convenient way of suspending the hoops and using them with minimised risk of injury during training sessions and performances.

Suitable for one or more users who, between them, do not exceed the maximum weight of 121 kg.

ROPE OPTIONS

1. Hemp rope, natural colour, 22mm diameter, 2,400kg breaking load, maximum permissible weight 121kg, Retire after 3 years or 300h of usage
2. Cotton rope, natural colour or black, 24mm diameter, 2,200kg breaking load, maximum permissible weight 121kg, Retire after 3 years or 450h of usage

RIGGING THE HOOP

The chosen suspension points must have at least the same minimum breaking strength as the connecting material used (loops or ropes). Use snap hooks and shackles with a minimum vertical breaking load of 22 kN (approximately 2,200 kilos). You can use heavy-duty loops to extend or simply suspend the hoops. These have a breaking load of 2,200 kg for dynamic loads and are therefore more than sufficient for all the purposes mentioned here.

Distances of one metre and more should best be bridged with steel ropes at least 8mm thick, certified to DIN EN 13414-1 standard.

Always attach snap hooks vertically and never horizontally (see illustration), as the horizontal breaking strength is much lower, and there is also the risk that the snap hook may slip at a crucial moment causing the gymnast to fall.



In addition, please make sure that the rope is not excessively long, as this can quickly cause the hoop to swing out of control with unforeseeable consequences.

TERMINOLOGY

1. Load capacity: The breaking load of an object divided by an appropriate safety factor. For ropes and snap hooks, this is generally a factor of 14, which provides a sufficient buffer for personal safety and is based on the safety regulations from event technology.
2. Breaking load: The minimum weight that must be applied in order to break an object.
3. Thimble: Teardrop-shaped eyelet made of metal around which a rope is looped. Its purpose is to protect ropes from wear caused by snap hooks, shackles or other objects.
4. Splice: Interweaving of rope strands above/below the thimble. Binds two ropes by force of friction.

PUBLICATION DETAILS

Manufacturer and author: Alexander Hinze

Address: Sorbenstr. 19, 12524 Berlin

Tel: 0170 733 89 85

E-mail: info@trapeze-shop.com

Web: www.trapeze-shop.com

APPENDICES

1. Breaking load test – Hoop
2. Breaking load test – Hemp 22mm
3. Breaking load test – Cotton 24mm



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Prüfbericht

Prüfer : Schwawuski

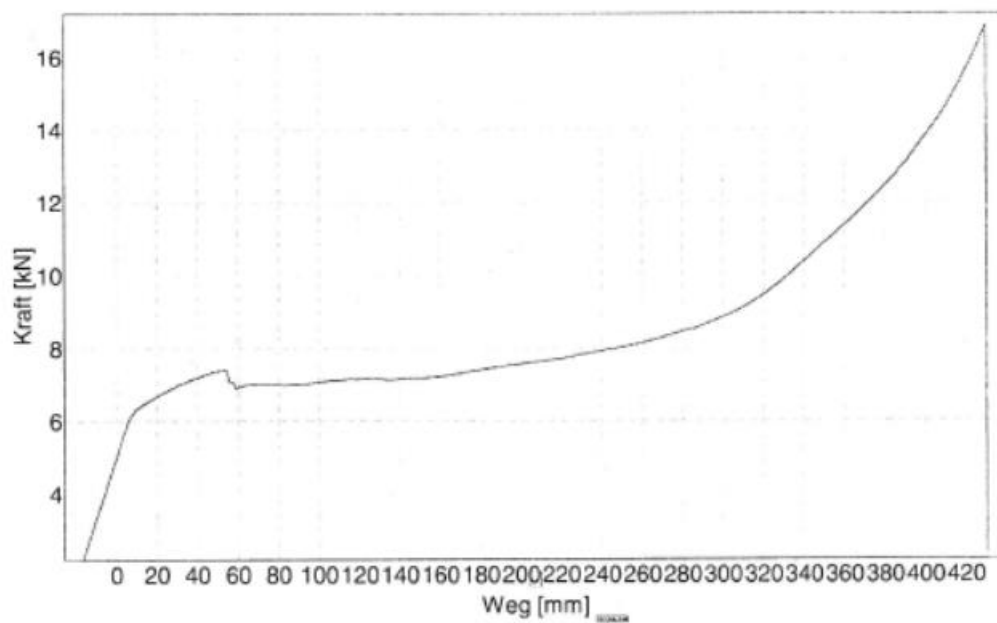
Auftragsnummer : ATRK-20009864

Fmax = Maximalkraft (global)
sE = Weg bei Testende
tH = Haltezeit
Pos = Position

P Nr. = Prüfnummer
Datum = Prüfdatum
Bemerkung = Bemerkung
M 400 kN = Maschine 400 kN

Resultate 1:

P Nr.	
Fmax [kN]	16,89
sE [mm]	430,206
tH [s]	n.a.
Datum	10.11.2020 08:48:38
Bemerkung	Ring Ø 100cm
Pos [mm]	n.a.
M 400 kN	



Das Protokoll ist auch ohne Unterschrift gültig!



Drahtseile - Tauwerk

Prüfbericht

Prüfer : Beimler

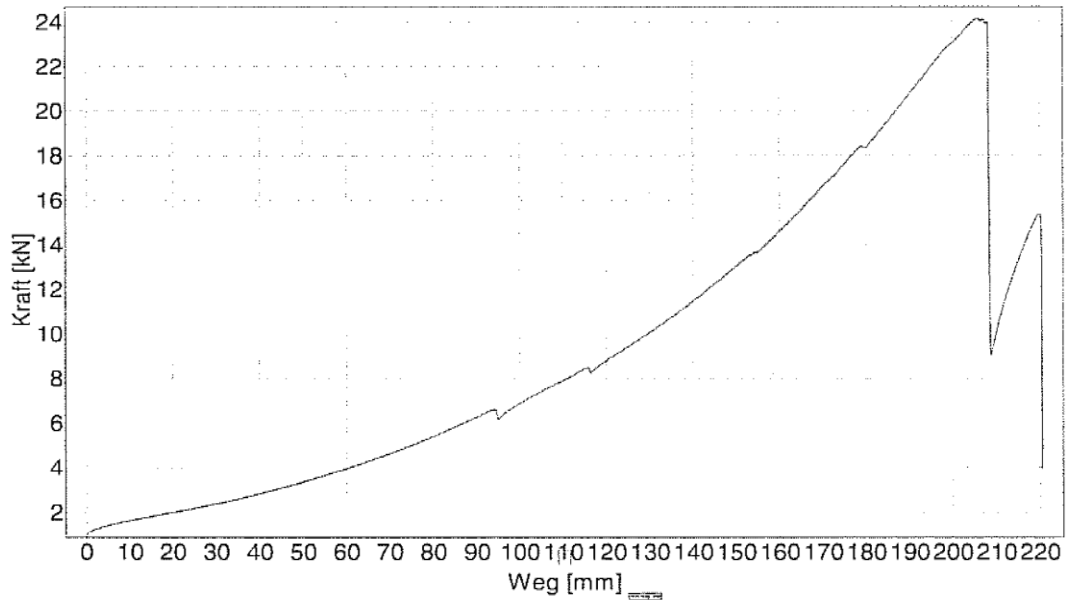
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sE = Weg bei Testende
tH = Haltezeit
Pos = Position

P Nr. = Prüfnummer
Datum = Prüfdatum
Bemerkung = Bemerkung

Resultate 1:

P Nr.	
Fmax [kN]	24,17
sE [mm]	220,564
tH [s]	n.a.
Datum	09.03.2015 11:18:54
Bemerkung	beigestelltes Hanfseil Ø 22 mm, mit Schlaufe und Kausche
Pos [mm]	n.a.



Das Protokoll ist auch ohne Unterschrift gültig!



Drahtseile - Tauwerk

Prüfbericht

Prüfer : Pylaykin

Auftragsnummer : ATRK-15007215

Fmax = Maximalkraft (global)

sE = Weg bei Testende

tH = Haltezeit

Pos = Position

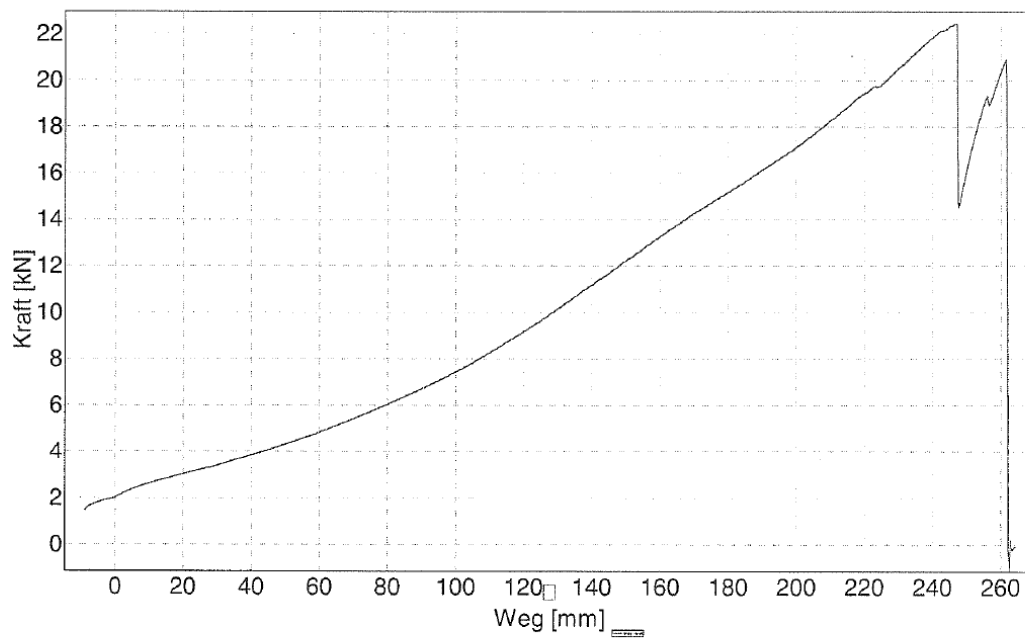
P Nr. = Prüfnummer

Datum = Prüfdatum

Bemerkung = Bemerkung

Resultate 2:

P Nr.	
Fmax [kN]	22,43
sE [mm]	264,296
tH [s]	n.a.
Datum	10.07.2015 08:12:19
Bemerkung	Tauwerk, Ø24mm, naturfarben, mit Schlaufe und Kausche.
Pos [mm]	n.a.



Das Protokoll ist auch ohne Unterschrift gültig!