



Aerial Silk

user manual



HEY! WE'RE THRILLED TO FINALLY MEET YOU!

You've just received your long-awaited package. Before you dive into your training and let yourself be swept away by the workout frenzy, we have a few pieces of information that will be crucial while using our circus equipment.

All of our products have been thoroughly tested and inspected by top-tier specialists and independent research institutions. We go to great lengths to ensure that the products we offer provide maximum safety and satisfaction during training. Aerial sports are high-risk activities, so before you start using the equipment, please read the instructions below to train safely.

THE USER IS OBLIGATED TO THOROUGHLY INSPECT THE EQUIPMENT BEFORE EACH USE. ANY TEARS, HOLES, OR CONCERNING DAMAGES SHOULD BE IMMEDIATELY REPORTED TO THE MANUFACTURER.

IF ANY DEFECTS ARE FOUND, IT IS RECOMMENDED TO SUSPEND OR REFRAIN FROM STARTING THE TRAINING.

TECHNICAL DATA – AERIAL SILK PRO

Below you will find the technical specifications of the material and the equipment we offer. Please note that the data applies to the purchased product: the fabric and/or the complete silk set.

AERIAL SILK PRO FABRIC:

- Material: 100% polyester
- Width: 1500 mm (+/- 75 mm)
- BLL (Breaking Load Limit): min. 12 kN \approx 1200 kg (with operational suspension)
- WLL (Working Load Limit): 100 kg
- SF (Safety Factor): 12:1
- Material manufactured in Poland
- Maximum usage time: 3 years or 300 hours
- BLL determined according to PN-EN ISO 13934-1:2013-07 standard: min. 14 kN \approx 1400 kg

ALPINE FIGURE-EIGHT DEVICE:

- Material: aluminum alloy
- Coating: anodized
- BLL: min. 25 kN
- Compliance with standard: EN 15151-2:2012 type 2
- Separate device instructions available upon buyer's request.

OVAL CARABINER:

- Material: steel
- Coating: chrome
- BLL (Breaking Load Limit): min. 22 kN
- Compliance with standard: EN 362:2004
- Separate device instructions available upon buyer's request.

LARGE CARABINER:

- Material: steel
- Coating: galvanized
- BLL: min. 20 kN
- Compliance with standard: EN 362:2004
- Separate device instructions available upon buyer's request.

PURPOSE

The equipment you hold in your hands is designed for a specific purpose. It has been manufactured to enable the development of circus skills at both professional and amateur levels.

The equipment is intended for aerial acrobatics training in circuses, theaters, acrobatics schools, homes, outdoor spaces, and any location where safe and secure suspension on a load-bearing structure can be ensured.

This equipment is primarily designed for professional use by artists, professionals, instructors, competitors, and participants in group classes. It can also be used at home by adults or children under the supervision of a responsible adult, provided that safety guidelines are followed.

The equipment can be used according to recommended rules during activities such as: Aerial acrobatics, Strength training, Conditioning exercises, Cardio workouts, Relaxation sessions, Warm-ups, Breathing exercises, Photo sessions

WHAT MUST NOT BE DONE WITH OUR EQUIPMENT?

- You must not engage in activities that pose a direct threat to your health or life.
- The fabric must not be used for carrying loads.
- The equipment must not be used in extreme activities such as crash tests or bungee jumping (even if it meets technical requirements).
- The fabric must not be used in construction or renovation work.
- The fabric must not serve as a toy for children; children may use the equipment only under the supervision of a qualified individual, parent, or legal guardian.
- The equipment must not be used for purposes other than exercises with vertical silks.

INSTALLING SUSPENSION

The installation must be carried out by a qualified professional, such as a climber or construction worker with appropriate qualifications. The equipment manufacturer can provide advice, which is for informational purposes only.

WHERE MUST THE EQUIPMENT NOT BE SUSPENDED?

- On unstable structures with inadequate load capacity.
- On gazebos, trees, or wooden beams with unknown strength.
- On basketball hoops, ladders, or balconies.
- On unchecked facade elements.
- On bridges, in historic or heritage sites.
- In locations where permission is required for suspension but has been denied.
- On locations/structures that lack sufficient strength.

Always select a suspension method suitable for the installation location, e.g., chemical/steel anchors for a solid ceiling. The installation site should be free from elements that might be damaged or cause injury during equipment use.

A recommended clear working area around the suspension point should form a circle:

- With the suspension point as the center.
- With a radius of at least 2 meters.

SAFETY INFORMATION

Always inspect the device thoroughly before training, paying close attention to damage, snags, or abrasions. Metal components included in the set (e.g., figure-eight, carabiners) will rub against each other during use and may wear down. Small particles from their coating may fall to the ground. Monitor the wear of metal components; a **wear depth of at least 1 mm qualifies the equipment for replacement.**

In case of doubt, contact the manufacturer.

The fabric for silks must only be suspended using devices designed for this purpose, such as an alpine figure-eight or a specialized silk mount. These devices have perfectly smooth surfaces and protect the silk from abrasion or tearing.

Remember not to use the product while wearing jewelry or clothing with sharp elements like studs, zippers, or Velcro; be careful not to damage the fabric with nails.

Keep in mind that mounting the suspension point in the ceiling must be performed by a person with the appropriate qualifications.

IF YOU NOTICE ABRASIONS, HOLES IN THE FABRIC, AND/OR WEAR ON METAL COMPONENTS EXCEEDING 1 MM IN DEPTH – DO NOT USE THE EQUIPMENT.

STORAGE AND MAINTENANCE

Store in a dry room at room temperature, away from sharp and rough surfaces. Do not leave the equipment outdoors or store it in unfavorable conditions.

The fabric can be washed at 40°C, without fabric softener, and separately from hardware or other clothing. Dry away from heat sources. Avoid exposing the silk to adverse weather conditions: excessive sunlight or precipitation.

LIFESPAN

The equipment can be used for **3 years** or **300 training hours** (do not exceed the specified usage period). Remember to maintain a usage log, particularly noting the date of first use.

WARRANTY

The fabric comes with a **24-month manufacturer's warranty**, which does not cover mechanical damage, cuts from scissors during package opening, or damage caused by clothing elements or nails during training, among other similar issues.

Tiny holes on the fabric edges may be visible due to the production process and do not weaken the material's weave. Damaged fabric must be replaced with a new one; it must not be repaired or sewn. If the material is damaged, purchase and install a new one.

SUSPENSION

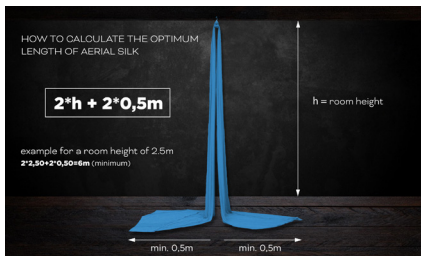
The suspension/mount must be carried out by a qualified professional: a climber or construction worker with the appropriate credentials. Only use equipment designed for this purpose, with proper certifications, such as an **alpine figure-eight** or **carabiner**, to suspend the fabric.

DO NOT USE EQUIPMENT WITHOUT PROPER CERTIFICATIONS AND/OR WITH A LOAD CAPACITY BELOW 12 KN. IT IS RECOMMENDED TO USE MOUNTAINEERING HARDWARE WITH A MINIMUM LOAD CAPACITY OF 20 KN.

SILK LENGTH

Remember that the appropriate silk length is calculated using the formula:

$2 \times \text{room height} + \text{min. } 2 \times 0.5 \text{ m}$
(max. $2 \times 2 \text{ m}$) = the ideal length of your silk.



WAYS TO TIE THE AERIAL SILK

SILK KNOT

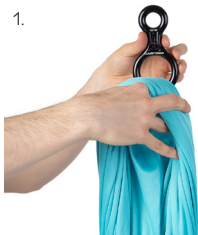


HAMMOCK KNOT



HOW TO TIE SILKS TO AN ALPINE FIGURE-EIGHT DEVICE

1.



2.



3.



4.



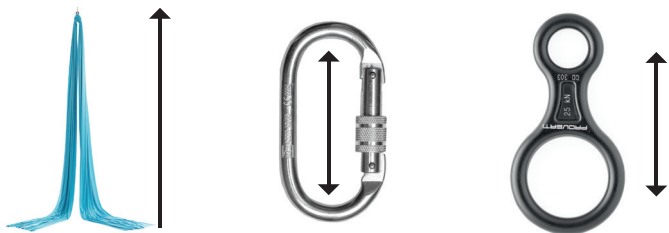
5.



6.



DIRECTIONS OF LOAD



CERTIFICATION

Each production batch undergoes strength testing in accordance with the PN-EN ISO 13934-1:2013-07 standard. The results for a 5 cm width of fabric range from 550 N to 800 N, which translates to the following strength for the full 150 cm width:

- min. $550\text{N} * 30 = 16,5\text{kN} = 1680 \text{ kg}$
- max. $800\text{N} * 30 = 24\text{kN} = 2440 \text{ kg}$

Batch-specific results can be provided upon the buyer's request.

Additionally, the silks are tested under realistic suspension conditions, with a minimum breaking load of $12 \text{ kN} \approx 1200 \text{ kg}$ (see TEST REPORT - PAGE 10).

PRODUCER

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www.aerialdanceshop.com

DISTRIBUTOR

MANUFACTURER RECOMMENDATIONS:

- **Supervision and Inspection:** Aerial equipment should not be used without proper supervision and inspection.
- **Required Skills:** Appropriate skills are necessary to perform aerial exercises.
- **Learning and Training:** Aerial exercises should be learned in the presence of a qualified instructor. While professional books and tutorials can be helpful resources, they can never replace the guidance of a certified aerial acrobatics instructor.
- **Remove Jewelry:** Before starting exercises, remove all jewelry.
- **Qualified Installation:** Suspension must be carried out by a qualified professional, such as a climber or a certified construction worker.
- **Appropriate Clothing:** Wear fitted clothing without sharp elements.
- **Proper Use:** Do not use the product in ways contrary to the manufacturer's recommendations. This equipment is intended exclusively for aerial acrobatics exercises.
- **Safety Mat:** A safety mat is an essential accessory during training. The mat should have sufficient hardness and thickness, meeting a minimum of 5% of the distance from the floor to the alpine figure-eight device and a diameter/length equal to the user's height.
- **Warranty:** The product has a 24-month warranty covering defects caused by the manufacturer. Mechanical damage resulting from improper use is not covered by the warranty.

IMPORTANT INFORMATION

Aerial sports are high-risk activities. All our products and their components have undergone extensive safety testing conducted by us and independent research institutions. We ensure the safety of our equipment when used properly.

However, we are not liable for any injuries, accidents, or unforeseen incidents resulting from improper or unskilled use of the equipment. We guarantee the safety of the equipment up to specified limits when used as intended.

Safety Guidelines:

- Exercise extreme caution while performing aerial exercises.
- Inspect the equipment before each use.
- Exercises are performed at your own risk, and using the equipment implies full acceptance of these terms.
- The **safety factor (12:1)** adopted by the manufacturer accounts for dynamic use of the product.
- For excessive hand sweating, it is recommended to use anti-slip agents such as **rosin, chalk (magnesium carbonate), etc.**

Always practice responsibly and prioritize safety

TEST REPORT

Material: Aerial Silk

Number of Samples Tested: 3

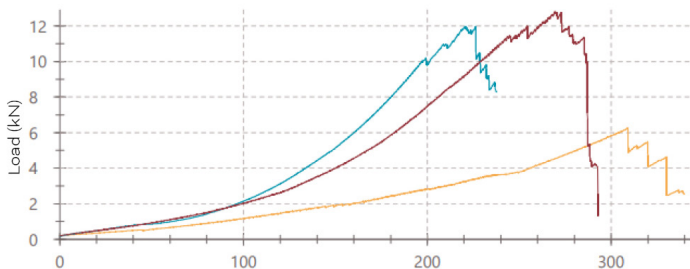
Test Results:

Legend



Test Date	Sample Identification	Fmax (kN)
2021-02-23	Sample 1 - single	6.24
2021-02-23	Sample 2 - double	12.0
2021-02-23	Sample 3 - double	12.8

Series chart:



DATE OF FIRST USE:

DAY: / MONTH: / YEAR:

SAFETY RULES

Aerial acrobatics is a beautiful discipline, but it carries great responsibility. Therefore, before each use of the equipment, thoroughly inspect the apparatus and all suspension elements. Remember, if you notice any signs of wear on any component, immediately contact the manufacturer and refrain from training until you receive a clear response from the manufacturer.

Follow these rules:

1. **Qualified Installation:** All types of ceiling mounts must be installed by a qualified professional, such as a climber or a construction worker certified to perform human load suspensions.
2. **Inspection Before Training:** Always check the apparatus and all suspension components before starting a session.
3. **Stop Training if Issues Arise:** If you notice any wear or damage to the apparatus or its suspension components, immediately stop training and notify the manufacturer.
4. **Metal Component Wear:** Metal or aluminum components with wear exceeding 1 mm in depth must no longer be used and should be replaced promptly. During use, metal components may rub against each other, causing small particles to fall to the ground. Exercise caution and avoid training with your head tilted upward to prevent particles from getting into your eyes.
5. **Fabric Damage:** Snags or holes in silks or hammocks disqualify them from further use.
6. **Use a Safety Mat:** A mat is essential during training. Never perform exercises without proper padding to ensure safety.
7. **Responsibility and Maintenance:** The manufacturer is not responsible for accidents resulting from negligence or lack of equipment inspections. Every apparatus wears down over time and requires regular checks. Manufacturing/material defects are covered by the warranty and should be reported to the manufacturer immediately.
8. **Intended Use Only:** The equipment and accessories sold in our store are intended exclusively for aerial acrobatics. They are not suitable for swinging, spinning, or other non-acrobatic activities.
9. Approvals and instructions can be found at: www.fr-sports.com/safety-rules

Let's train responsibly and prioritize safety

