**Manegen rules for Daily training in Stockholm**

MANEGEN DAILY TRAINING FOR PROFESSIONALS WITHIN CIRCUS VARIETY AND STREET PERFORMANCE

**RULES**

1. Training is open for professional artists within circus, variety and street performance who are members of Manegen.
2. All training is performed at own risk, Manegen and Cirkus Cirkör recommend the participants to sign their own insurances.
3. All training is performed with focus on own work and respect for the other professionals who train in the premises. Show respect and communicate with each other about the disposal of the surfaces in the hall.
4. Training is allowed in the Circus hall and on the Black floor. Training takes place in consultation and in agreement with the circus college and Cirkus Cirkör, show consideration.
5. Be efficient at your disposal of the spaces. Do not rig up and sit down to have a coffee. That is to say do not occupy any surfaces with your equipment if you take a longe pause in your training.
6. It is important to respect the appointed times, at 16.30/14 (depending on the day) all the equipment is to be respored and all training be completed (incl. Stretch), however it is allowed to use the dressing rooms and the kitchen after this.
7. Trampoline license is demanded to be able to use the trampoline, this is due to insurance matters.

**Rigging och Materials**

1. If you need to rig something, contact the hall responsible or the Manegen representative at the site. You are allowed to use the existing rigging points and the existing system. It is allowed to rig your own equipment on existing spots provided that this has been approved by the Manegen responsible at the site and the hall responsible at Cirkus Cirkör.
2. The use of equipment or the Circus hall in a non-intended manner will lead to exclusion from the training. This also concerns jump from the raised jump pit floor, running on the walls, fights or the use of martial arts weapons.
3. All used equipment shall be restored at its original spot. This also concerns mats.
4. Permission is required by the person in charge for use of the air equipment.
5. Ask for help from the person responsible for closing or opening the jump pit.
6. Max one person at a time in the pit.
7. Do not pull heavy/sharp equipment on the floor – it is becomes scratches you will be liable for compensation. Should you move heavy equipment instead ask for help to lift.
8. When storing private training equipment in the hall the Manegen receptionist must be asked so that the permitted storage space is assigned. The equipment must be marked with name and telephone number. The equipment is stored at your own risk.

**General**

1. Age limit is 18 years. If nothing else is agreed with the Manegen responsible people at the site.
2. Daily training is supposed to be a safe zone that is free from all kinds of rasism, sexism, ableism, homo- and transphobia.
3. Spectators or children are not allowed in the premises for daily training. Animals are not allowed either in the common premises in the Cirkör building.
4. Dressing rooms can be used, the same goes for allocated cupboards
5. The kitchen can be used and Manegen has a fridge of its own for its disposal. Restore space in good condition after use.