

Dear Student:

You are registered for course #2805-642, "Flying Trapeze: An Adventure in Self-Discovery" with Peter Gold and the Staff of Trapeze Experience™ on July 12 – 17, 2009.

Please read, initial, and sign:

1) **Participant's Agreement for Activities, Provided By International Transition Services and Omega Institute Form**

2) **Participant's Emergency Information Form**

(Both have been included in this mailing.)

**These forms (mentioned above) MUST be completed and signed before anyone can participate.** You may bring it with you.

### **Pre-flying checklist, for participating on the flying trapeze:**

\* When flying on the trapeze you will need to have socks on your feet. What's important here is that your feet are covered, and we keep our trapeze bars clean. Sneakers are too bulky.

\* It is important to keep your socks clean. Therefore, having sneakers, clogs, or sandals to slip your feet in after coming off the trapeze, will allow you to walk around without dirtying your socks, which is important for keeping the trapeze bars free of dirt.

\* Tight-fitting clothing that covers the legs is the best choice for your first trapeze class. Therefore, "tights" or "over the knee, yoga-pants, stretchy-running-type-pants", or other leg-covering tight-fitting pants, are preferred. In fact, Jules Leotard, who invented the "leotard", is also the inventor of trapeze in the late 1850's.

\* Shorts are acceptable -- but, we'll be hanging on the bar by our knees initially. For many people covering the legs helps with any discomfort. Stretchy, "biking-shorts" are good too. Do not wear loose or baggy clothing.

\*Keep your hands clean while you fly. If your hands have lotion-residue of some sort, it will make your grip and the others that follow you, a little more slippery. Hence, wash your hands after touching anything that may be "greasy". Also, cut your fingernails.

\* While flying, you must be free of bracelets, watches, rings, hanging or loop earrings. While belly-piercings are not a good idea in general for trapeze, they can be managed by just putting a piece of athletic tape.

\* Sunglasses/prescription glasses may be worn if they are plastic, durable, and pulled-tightly to your head with some kind of elastic strap.

We look forward to meeting you. If you have any questions, please feel free to contact Omega Reservations at 800-944-1001. You may also email Peter Gold at International Transition Services, LLC, at [trapezegold@earthlink.net](mailto:trapezegold@earthlink.net) or 1-877-759-0044

Sincerely,

The Omega Staff

Awakening the Best in the Human Spirit

## **Flying Trapeze Physical Capability and Suggested Conditioning Notice**

**Physical Capability:** Participating on the flying trapeze does require physical exertion, not unlike other activities such as horseback riding, skiing, canoeing, softball, soccer, and aerobic classes, for example. Using your *personal criteria, which includes the possibility of your consulting with a physician*, you will need to decide for yourself that you are prepared for this type of activity. What I have found throughout the last 20 years of trapeze coaching is that if people are exercising to some degree, they usually are prepared enough to participate and enjoy the trapeze as a beginner. *Please see: [Most Frequently Asked Questions](#)*

### **Pre-Workshop Training Program:**

In the past, participants have asked Peter Gold, "*What exercises should I do to get ready?*" He has listed exercises which will have your body prepared for the work. Though this course is primarily experiential, there will be plenty of "fly-time" available. Therefore, *it is **highly recommended and useful, that you prepare and manage your hands and body.*** Give yourself at least three weeks of preparation, if possible.

### **Workout:**

1. Chest pull-ups (pull-ups with head back, bringing bar to chest) – 20%
2. Abs (stomach...Oooh, real important) – 20%
3. Shoulders – 20%
4. Stretching – 20%
5. Cardiovascular – 20%

Percentages above are of total workout.

6. Hands – another 100% -- even if you're bringing grips! For example, lifting weights without gloves, in order to "toughen-up" the hands, is a good idea, as participants unaccustomed to trapeze, tend to develop "hot-hands" that may result in a "rip". The good news is, maybe one in twenty will develop a "rip". At the beginning of the workshop, we will go over how to take care of the hands.

Yoga and/or Pilates are an excellent preparation choice, also.

### **Workout Schedule (minimums):**

First week – 3 days, 60-minute workout is suggested

Second week – 3 days, 90-minute workout is suggested

Third week – 4 days, 90-minute workout is suggested

**Note:** The above-mentioned targeted-training and schedule are suggestions, courteously supplied. They are intended to give you a template, from which each individual should customize. The actual workout and workout exercises are up to you (and your physician if you need his or her advice). Just do your best. Mostly trapeze is initially "mental" more than physical. You can make up for any lack of physical preparedness with more "focus" and "attitude".

Regards,  
Peter Gold, Director Trapeze-Experience™

## Frequently Asked Questions

**Is trapeze safe?** Surprise, the Flying Trapeze is actually safer than the uninitiated realize. Originally, the circus advertising-departments "positioned it in the Public's experience", by marketing "the trapeze", as, "dangerous" -- obviously, to sell more tickets -- but, if that were true, then how did the performers ever practice? Though there are inherent-risks, as is true with every activity (baseball, football, jogging, bicycling, horseback-riding, etc.), the flying trapeze has a better safety-record than all of them! Many of you have seen "rock-climbing walls", which have their participants hooked-up with one safety-line to their harness -- that's called a "single-belay". With the flying trapeze, we use a "single"-belay for the ladder-climb to the platform, and a "double-belay" (an attachment at both sides of the safety-belt) for the flying -- plus, there's a safety-net!

**Do I need any "athletic-ability"?** No, you've done "hanging around" before in your life -- here, it's on purpose, and turned into powerful lessons of creativity and generativeness. (Even the "jocks" get it.)

**Will my arms get ripped from my body?** No, they won't. Thanks to gravity, the swinging is quite effortless; and due to the physics-principles of pendulums, the swing-momentum actually reduces the load on the arms and shoulders.

**Will I "pull" something?** You might. But then, anybody might "pull" something getting-in or -out of a car. Actually, the question is, "Will I feel soreness afterward?" Maybe. It depends on what kind of shape you're in, and how much you typically exercise -- that's why we do "stretching"-exercises during the warm-up.

**Is there anyone who physically can't, or shouldn't, do this?** When that's the case, the reason is usually obvious. If you're uncertain, call me.

**Will I get laughed at?** You might, but not by my assistants or me. Having done this with some 30,000 people for Club Med Resorts, TE-workshops, and other events, I've seen people of all ages, sizes, and shapes, progress to a "catch", at various paces. Very quickly, everyone comes to realize that "comparison" is impossible and irrelevant -- everyone is pushing their own boundaries. "Looking bad", is not possible here. Actually, everyone soon begins cheering and supporting each other -- this is fun!

**Will I end up discovering that I'm much more capable and terrific than I thought I was?** You might, everyone else seems to leave with that realization. You likely will even tap into possibilities for yourself and your future that are actually very exciting. Come find out why I've received so many "thank you"-letters from so many participants who now call me "friend".

Best regards,  
Peter Gold, Director Trapeze-Experience™

**Participant's Agreement, Release, and Assumption of Risk for Activities Provided by International Transition Services, LLC and Omega Institute for Holistic Studies**

Name(s): \_\_\_\_\_ Name of Legal Guardian: \_\_\_\_\_  
(Print participant(s) name clearly) (If participant is under 18 years of age)  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
(Provide correct route, St., apt. #, etc...)  
Telephone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

**Because participation in activities by International Transition Services, LLC and Omega Institute for Holistic Studies may be dangerous, we require all participants to assume all risk and liability for any injuries or other damage that they may cause or incur during their participation. Flying Trapeze, circus stunts, and associated activities, entails certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity.**

I, \_\_\_\_\_, being 18 years of age (or being the Legal Guardian of the above-named person under 18 years of age), hereby acknowledges that I have engaged the services of **International Transition Services, LLC and Omega Institute for Holistic Studies** for training, practice and/or participation in flying trapeze, circus stunts, and associated activities (hereinafter referred to as the "above-referenced activities"). I understand that the above-referenced activities involve known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties, including injury or damage from natural and artificial conditions of premises, from fatigue and negligence of myself and other participants, and from failure of equipment, among other things. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity, which no amount of care, caution, instruction, or expertise can eliminate, and I willingly assume such risk.

In consideration for the services of **International Transition Services, LLC and Omega Institute for Holistic Studies**, I agree and covenant to indemnify and hold harmless **International Transition Services, LLC and Omega Institute for Holistic Studies**, and all other persons, property owners, or entities, as well as their agents and independent contractors, on behalf of myself, my heirs and assigns, for any injuries or other damages that I might sustain arising from the above-referenced activities, including those caused by negligent acts or omissions by employees, Independent Contractors, or agents of **International Transition Services, LLC and Omega Institute for Holistic Studies**, by the makers, sellers, or providers of the equipment utilized in the above-referenced activities, or by others participating in the above-referenced activities. I further agree and covenant that I have sufficient personal health, accident and liability insurance to cover all injuries or property damage that I could sustain or cause during the above-referenced activities, and that I will look only to my insurance for a source of compensation should I incur or cause any injury.

I hereby release and discharge **International Transition Services, LLC and Omega Institute for Holistic Studies**, its agents and employees, and all other entities or persons from any and all liability which may arise from any claim brought by me, my heirs and assigns relating to injuries or other damages that I might suffer arising from the above-referenced activities. I agree and covenant to indemnify and hold harmless **International Transition Services, LLC and Omega Institute for Holistic Studies** from all its costs, including attorney fees, of defending any claim brought by or against me, my heirs and assigns, relating to any injury or other damage that I might suffer or cause during the above-referenced activities. I agree that any dispute under this agreement will be brought to Clark County and governed by the laws of Nevada.

I certify that, other than as set forth in the space below, I have no physical or mental conditions, and I am taking no medication:

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It is my intention that if any portion of this agreement is found to be void and unenforceable, the remaining portions shall remain in full force and effect. I understand that this written agreement is the entire agreement between myself and **International Transition Services, LLC and Omega Institute for Holistic Studies**, its agents and employees, and that modifications or changes to this written agreement or representations beyond this written agreement, must be in writing and signed by a representative of **International Transition Services, LLC and Omega Institute for Holistic Studies** and the participant in order to be effective.

My signature below attests that I speak and understand written and spoken English language, that I have had sufficient opportunity to read this entire agreement, that understand this entire agreement, and I agree to be bound by the terms of this agreement.

Participant (or legal guardian): \_\_\_\_\_ Date: \_\_\_\_\_

**International Transition Services, LLC**  
**Trapeze-Experience Registration Agreement Form**

Participant's Full Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent or Legal Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone (1): (\_\_\_\_) \_\_\_\_\_ Phone (2): (\_\_\_\_) \_\_\_\_\_

**Participant Medical Information:**

Male ( ) Female ( )

Do you have any medical or mental conditions? No \_\_\_ Yes \_\_\_ If yes, explain:

\_\_\_\_\_

\_\_\_\_\_

Do you have any Allergies? No \_\_\_ Yes \_\_\_ If yes, explain:

\_\_\_\_\_

\_\_\_\_\_

Are you taking any medication? No \_\_\_ Yes \_\_\_ If yes, explain:

\_\_\_\_\_

\_\_\_\_\_

In the unlikely event of injury or illness, please indicate who should be contacted:

NAME: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

PHONE (DAY): (\_\_\_\_) \_\_\_\_\_ PHONE (NIGHT): (\_\_\_\_) \_\_\_\_\_

**Medical/Health Insurance Information:**

INSURANCE CARRIER: \_\_\_\_\_

GROUP NUMBER: \_\_\_\_\_ ID #: \_\_\_\_\_

In the unlikely event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization or other treatment, which may become necessary. ( \_\_\_ *Participant's or Guardian's Initials*)  
**Release of Image:** From time to time we use the "participant's likeness" in our brochures, DVD's, website, or other promotional materials. I hereby grant to International Transition Services, LLC and to any third-party authorized by International Transition Services, LLC, the rights without limitation of time, territory or of any other nature, to use; in whole or in part, the name, image, likeness, voice, physical attributes, distinctive characteristics, now known or hereafter known, of the participant's Likeness, in whole or in part; all of which are hereinafter collectively referred to as the "Participant's Likeness".

( \_\_\_\_\_ *Participant's or Guardian's Initials*)

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Legal Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_