Space & equipment checklist

Check the items relevant to your session. Resolve an uncertain setup or leave out the affected exercise instead of improvising a support.

Session / space: _____

- [ ] **Clear space**

  Clear the floor and overhead area. Keep other people, pets and loose objects outside the movement space.

- [ ] **Surface**

  Use a dry, non-slip surface. If a mat is needed, check that it stays in place.

- [ ] **Fixed support**

  Check that the support cannot slide or tip. Avoid wheeled chairs, loose furniture and folding tables.

- [ ] **Pulling equipment**

  Use purpose-built equipment. Check its condition, load rating and the manufacturer's installation instructions.

- [ ] **Unverified setup**

  Leave out a movement when you cannot verify its equipment or mounting. This sheet does not certify an installation.

- [ ] **Coached skills**

  Arrange a qualified coach and suitable space before a new inversion or acrobatic skill. Do not treat a clear room as skill clearance.

Before you start: a setup check cannot determine whether an exercise is suitable for you. Stop a movement that hurts and obtain individual advice for symptoms, injury or uncertainty. Read the guide and komyat.com/disclaimer/.