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FAQ Aerial Silk and Aerial Yoga Hammock



In a nutshell: Information on hanging (rigging) and washing air fabrics

Suspension from the ceiling - variant 1

Here you can see which parts you need to rig your aerial silk to the ceiling. For the order we start with the ceiling and end with your aerial silk:

Ceiling mount



On the ceiling you need a securely(!) fastened closed ring. Do not use a hook, because the next part (e.g. a carabiner) could jump out of the hook. We do not carry the parts needed for fastening (dowels, screws) in our assortment, because they depend too much on the ceiling condition. You can find everything for this in any Do-It-Yourself store. If you are not sure what you need and how to attach the ring safely, ask a professional.

Carabiner



Second is a [Carabiner](#) or a [Super Safe Carabiner](#)



Ball Bearing Swivel



In order for your aerial silk to rotate around its own axis without getting tangled, you will need a [Ball Bearing Swivel](#)

Carabiner

Now comes the second carabiner (see above)

Suspension

... and finally the suspension for the knot of your aerial silk:



[Figure 8](#)

or

[Aerial Silks Hook](#)

Suspension from the ceiling - variant 2

Variant 1 of the suspension requires a relatively large amount of vertical space. With a [Open Ball Bearing Swivel](#), the two carabiners can be omitted:

Ceiling mount



Explanation see above

Open Ball Bearing Swivel



Instead of carabiner - swivel - carabiner you use the [Open Ball Bearing Swivel](#) and then directly the ...

Suspension

for the knot of the vertical cloth



[Figure 8](#)

or



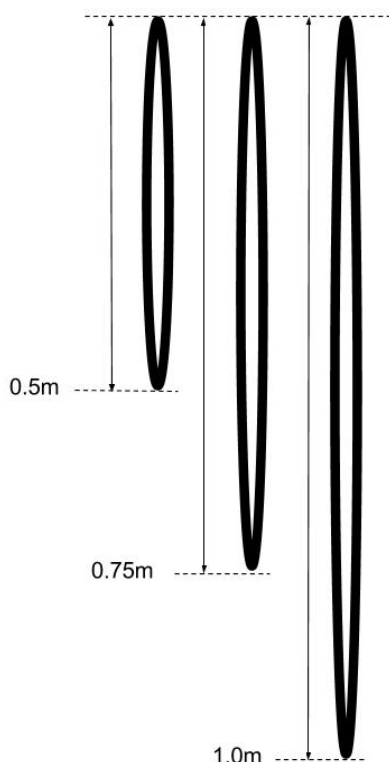
[Aerial Silks Hook](#)

Suspension from an exposed beam

In case of an exposed(!) beam, you can use a [Aerial Sling or Strop](#) instead of the ceiling attachment, which you lead around the beam. These slings are available in different designs and lengths, from 20cm up to 4m:



[Prodigy Aerial Sling](#) from 20cm to 1m or [Strop for Aerial Yoga](#) 50cm to 4m



How can I wash my Aerial Silk or Yoga Hammock?

Here's our guide to safely and effectively wash your aerial silks and hammocks - even machine wash.

- Be sure to remove **all hardware** (e.g. figure 8s or O rings) before washing.
- You should properly inspect your aerial equipment before every use but while you're preparing to wash your silks it's a good opportunity to give them an even more thorough check.
- Only wash one silk at a time
- Use a mild detergent.
- Wash on a cold, delicate wash.

So far, so good. Now you need to dry your freshly washed, clean and sweetly smelling silks or hammocks.

- Never tumble dry your silks, even on the lowest setting. Tumble drying your silks will damage the fibres making the silk weaker and therefore no longer safe to use.
- Avoid drying your silks outside or in direct sunlight. UV rays can also damage the material compromising their strength and making them unsafe to use.
- So, dry your silks inside, away from sunlight.
- If your training space is well ventilated you could even hang them from a point and let them dry there. To speed up drying you can direct a fan at the bottom of your silks.
- Make sure your silks are completely dry before using them again. So there you have it. A simple, safe and effective way to restore the glamour to your aerial silks or aerial yoga hammock.



Happy flying!