

SAFETY

Safe Stunting: A Spotter's Checklist

Spotting is a skill, not a formality. A practical checklist for keeping stunt groups safe.

A good spotter is the difference between a caught flyer and an injury. Treat spotting as a trained position, never an afterthought.

Before the stunt

Confirm the surface, the skill, and everyone's readiness. A spotter should know the stunt as well as the group performing it.

During the stunt

Stay engaged, hands ready, eyes on the flyer's hips and head. Protect the head and neck first, always.

Respect fatigue

Most falls happen when athletes are tired. Build rest into practice and stop when technique breaks down.
