



## **FIRE DANCING ON STILTS SAFETY INFO:**

Are you going to be doing Fire Dancing on Stilts OR be on stilts near others with fire???

Have you heard of a term called "Stove Piping"?

There may be another name for it but that is what I know it as.

It happens with stilts and fire....The fire goes into the stilt pants leg and catches you on fire from the inside of the pants where no one can see it including fire safeties! You often don't know you're on fire until its hot enough that its already burning you.

I would encourage you to cinch the bottom of your stilt pants if you do fire and stilts so that it doesn't happen.

For Peg Stilts, a rubber band is an easy solution (but you have to have a friend help you since you don't have go go gadget extendo arms LOL) Adding a button or velcro at the bottom could also work.

It happens because of the air/fumes can get trapped inside the pants and because of all the little threads, and of course depending on the fabrics in your costumes as well.

Always try to use natural fiber clothing when fire dancing, otherwise your costumes could melt to your skin! If you "have" to wear non natural fiber costumes, then try to wear a base layer of natural fibers and that can help protect you.

IF one were to catch on fire from the inside of the pants, it is **IMPERATIVE** that the safeties extinguish the flames starting at the top of the leg and pushing air/flames out of pants by going down the leg, otherwise the fire goes up into the shirt/torso/face!

Remember "Stop Drop and Roll" as well as it may be needed!