

General Etiquette

- Treat others with compassion and respect, regardless of their experience. Verbal or physical aggression is not welcomed.
- It is suggested that you wear comfortable loose-fitting soft clothes that don't restrict movement and cover most of your skin. E.g., long sleeve T-shirt and long pants. They are useful for absorbing sweat and preventing skin burns. Avoid clothes with zippers, large buttons, or buckles. Tights or leggings are not recommended. Please keep your shirt on at all times.
- Please remove all jewelry and other sharp items such as watches.
- Please ensure good personal hygiene, e.g. clean clothes free of cigarette odor, washed hands, trimmed nails, and an extra shirt to change into if you're prone to sweating.
- For the comfort of others, if necessary, please use deodorant. Strong scented products though, are discouraged.
- What you do in the dance space affects the atmosphere of the space. Keep talking to a minimum, especially when there's people dancing. If you want to have an extended conversation, or if you need to browse your phone for an ample amount of time, please do so outside of the dance space.
- Unsolicited advice: unless explicitly asked, please refrain from offering dance advice. Likewise, if you want to learn specific skills, the best place to do so is in classes.
- If it makes sense to, and there's an opportunity to do so, thank your partner(s) after an extended dance with them. A simple smile and nod or gesture would do.
- If you would like to take photos or videos of others, please ask for their permission first.

Safety

- Please rest as needed. Listen to your own body.
- Please stay hydrated. Bring a water bottle with you.
- Avoid intoxicants such as alcohol or drugs before or during the jam.
- If you have a contagious skin infection or head lice, please avoid attending sessions until it is fully treated.
- Take care of your own safety, physically and emotionally. If you need to, you can verbally say NO or STOP.
- If a person has set their boundaries, please respect them.
- Do seek help from someone else if you feel that your boundaries are not being respected.
- It might not always be easy for someone to assert their boundaries. If you're not sure if your dance partner is feeling unsafe, check in with them.
- If you're dancing with someone unfamiliar, take a gradual approach. Start slow and easy, and check in with them when needed. Do not assume that what's comfortable for you will be comfortable for them, e.g., being lifted.
- Avoid grabbing, locking, or any movement that would restrict your dance partner's movements.
- Avoid putting full weight on your dance partner's knees, ankles, head or neck.
- Avoid using too much muscular force when dancing. If you find yourself unintentionally tensing up, especially when being lifted, let your dance partner know that you don't feel safe.
- To avoid collisions, always be aware of the space and others around you. If you're not dancing, please move to the edges of the room.

JAM GUIDELINES:

Safety and Boundaries

Some forms of touch in CI include, but are not limited to: rolling point of contact, sliding, sharing weight, using contact to follow momentum.

Make sure to obtain either verbal or unequivocal nonverbal consent before engaging in touch (such as a nod, eye contact, and/or confirmation that the person is moving toward you rather than away).

It is never okay to intentionally touch someone's chest or genitals, or to lock someone in a constrained position against their will, or manipulate their body in any way that does not allow them agency.

Do not assume that your activities are safe or accessible for everyone else.

If you cannot communicate your needs with your movement, use words. It is always okay to say "NO" or "STOP" if something feels uncomfortable or unsafe.

Maintain your own boundaries and do not do things that make you feel unsafe.

Practice listening and practice hearing feedback about your impact on others without becoming defensive.

You have the right to accept, refuse, or end any dance without needing to give a reason or apology.

Conversely, if someone leaves a dance with you, do not take it personally.

Witnessing and resting are always options.

Stay at the periphery of the room when witnessing, warming up, stretching, or engaging in body work.

Keep talking to a minimum and use cell phones in the foyer, not in the studio.

Relational and Social Considerations

Unwelcome verbal and/or physical aggression, unwanted teaching or posturing, harassment, gas-lighting, and other forms of manipulation are not welcome at this jam.

Wear clean clothing. Avoid jewelry, watches, and clothing with buttons, zippers, and buckles.

Do not take any pictures or videos.

Stay home if you feel unwell. Please wash your hands regularly. Avoid alcohol, marijuana, and other intoxicants before the jam. A person under the influence of intoxicants will be asked to leave the space.

Enforcement of these guidelines

We recognize that there is no such thing as a perfectly safe space, but we strive toward building the most respectful and inclusive space possible.

When someone behaves counter to these guidelines, we will use compassionate calling-in and mediation as strategies to build awareness around the behavior.

If someone repeatedly behaves in ways that undermine the spirit and ideas of these guidelines, they will be asked to leave.

We suggest soft comfortable and clean clothing. Shirts with sleeves, long or short sleeves, and preferably no tank tops. Sleeves are useful to absorb sweat and prevent skin burns that can happen with different lifts, rides and floor work. Pants that reach down below the calf muscles are also good to absorb any sweat and to prevent skin burns from floor work. Also avoid clothes with zippers, large buttons, buckles, loops, and pockets. These can catch fingers, toes, and fabric, leading to injuries.

