

# **Jam guidelines from John Bainbridge**

## Ground rules of the group

1. Members agree to take responsibility for their own emotional and physical safety and to clearly communicate their boundaries to others.
2. Members agree to respect the boundaries of others and to not behave in a way that endangers the safety of other participants.
3. Members agree to follow all studio policies. If there's a clear consensus that an individual is not adhering to these principles they will have their group membership revoked. (consensus is overall group feeling, not unanimity in this case)
4. Any illegal behavior, sexual assault or otherwise, will not be tolerated and will lead to summary expulsion from the group and legal action. (Although hopefully this will never be an issue!)

## Additional notes and suggestions

### **Safety first**

One way to define boundaries is to define what boundary crossing is: boundary crossing is when someone exhibits any behavior that makes the person(s) they are dancing with uncomfortable, unsafe, or is a behavior that they simply do not want. We'll talk more about this as a group over time.

While talking is fine during the dance, some folk may feel their dance is disrupted by the chatting, so please move long conversations outside of the dance space.

Please be sensitive to where the group is at in any particular moment! Sometimes it is very quiet, sometimes rather vocal.

### **Verbalizing safety issues/needs is always appropriate**

If you need to communicate your desires/ideas/boundaries/concerns it is fine to 'use your words', although nonverbal communication is fine if the other person is paying attention and capable of interpreting the nonverbal cue(s).

Everyone is always free to decline a dance without needing to give a reason. This could be as simple as just moving away from the initiator(s) although some may need stronger cues or statements such as 'not now'.

Everyone is always free to initiate a dance, regardless of whether the individuals are already in a dance, although it is probably better form not to cut in on what is clearly a highly focused duet.