

JAM GUIDELINES

1. **Let's get started.** It's ok to verbally or nonverbally invite a new dance, or join an existing dance. Please tune in and "listen" for the answer, then proceed as appropriate.
2. **Know when to hold 'em, know when to fold 'em.** When you do find yourself in a dance, always remember that CI can be risky, so know where you and your partner's landing gear is at all times!
3. **Social while still focused.** The "Jam" is a social and playful space for Contact Improv (CI) and related dance forms (and we like it that way!). Still, please keep aware of the impact your conversations may be having on the space. Prioritize dancing or witnessing as much as possible.
4. **Listen and respect your boundaries as well as those of others.** We are here to enjoy ourselves and dances, so playful exploration and curiosity is encouraged! However, practice of CI inherently pushes conventional societal boundaries around touch and connection and some find this challenging.
5. **Everyone ALWAYS has a right to say "no", "wait", "not now".** It's fine to step out of any dance or conversation at any time, and you are not required to give a reason for why (though it's appreciated).
6. **You are responsible for your own physical AND emotional safety on and around the dance floor.** Generally speaking you should understand and manage your dances, informed by your current level of dance ability and changing emotional state. It is assumed you can and will verbally communicate and maintain your needs on and off the dance floor. If you do not, or are not able to, Jam spaces may not yet be appropriate for you (see #14 below).
7. **No Parking/Be aware of the space you take up and the space around you.** If you are lounging or in a slow dance, do yourself and fellow dancers a favor and move to the sides of the room to leave space for bigger dances to take place in the open zones more safely. You are always "in", so don't "check out".
8. **Clothes.** Please wear CI appropriate clothes. Bare feet with shirts/shorts/pants: good. Bare chest/ sports bras / underwear/shorty-shorts and dangly jewelry: not so good.
9. **Keep it clean.** Avoid scents (note that this is NOT a "no scent" Jam, but be mindful that many are sensitive to smells including yo B.O.). Wash your hands frequently, change shirts if needed, and if you are under the weather please stay home and rest. PS- arrive sober. The dance is intoxicating and dangerous enough.
10. **No really, keep it clean.** Grinding, kissing, and other overt sexual behavior is not appropriate at the Jam. It's also not a "pick up" scene. It's ok if you make an authentic, mutually consensual connection with someone, but please come to the Jam to dance, not find a date.
11. **Talk it out.** On occasion, things can get weird. If a dance or interaction troubles you and you are willing and able, please feel empowered and encouraged to open a conversation with your partner. Aim to be honest, clear, and direct. Try to avoid making assumptions or pointing fingers.
12. **Band together!** Dancers of all levels are welcome here, but know that everyone sometimes find themselves a bit lost at Jams. "Jam Buddies" are designated peer dancers available for questions, new person drop in dances and the like. Look for their bright neon-colored bracelets or a noted token item for the dance!
13. **Speak up!** If you are uncomfortable for any reason, feel someone does not understand, or does not respect your boundaries, *please* contact the Jam Host/Organizer, Amy Kingwill, or ask others for help. You can also email: amykingwill@gmail.com or amy@dwjh.org.
14. **Get the skillz!** Classes are wonderful for developing skills as a mover and communicator in CI. Many Jams require class attendance for good reasons. Enjoy and take the opportunity whenever you can!

Enjoy your dance!!

**Please note: The organizer reserves the right to refuse entry to anyone.
If shared, please give credit to Amy Kingwill.*