

## CI@Goldsmiths Jam Guidelines Key Points

*We value diversity in Contact Improvisation jams in London and internationally. For the Goldsmiths jam we are offering a space that is focused on Contact Improvisation as a form, particularly as a dance and research practice.*

*The guidance below gives you the opportunity to make an informed consent around attending our jams. Look at these as a dance score that offers a container and support for focused practice. We encourage you to try different jams and dance spaces with different cultures to see what fits your needs.*

**AWARENESS** - We encourage everyone to practise cultivating awareness of yourself, your dance partners and the entire space. This means keeping the focus dance orientated so loud conversations or distractions from the practice should be taken outside.

**RESPONSIBILITY** – Everyone is self and co-responsible. Take care of yourself and others in the room. Be aware of heads on the floor, people lying down and be mindful that people will have different levels of experience.

**CONSENT** - Consenting to what happens in a dance can be complex, particularly for newcomers. We encourage everyone to explore verbal & non verbal ways of giving and refusing consent. As a dancer you should also develop awareness if your partner is not consenting to, or uneasy about aspects of your dance.

**TOUCH** - The predominant focus at the Jam is: a) rolling, sliding & jumping point of contact b) giving, taking & sharing weight c) using sensitivity to follow and ride momentum. Other forms of touch are welcome and come into play, provided they are consensual and the touch is not explicitly sexual. Non-consensual pass-by pokes, hugs, kisses, tickles, caresses, massages or pats will not be tolerated. An example of a non-consensual pass-by touch would be rolling into a person you're not dancing with and biting them. Do not intentionally caress another dancer on their breasts or genitals during a dance. To be clear, this is a non-sexual space.

**SAFETY** - It is generally not safe to grab or lock another dancer into a position that compromises their mobility as they no longer have a choice as to how they will move. We actively encourage people to learn techniques, such as lifting & sharing/redirecting weight but also to learn how to safely escape situations like this by making themselves heavy (going limp like a 'wet noodle' rather than tensing helps).

*We are working on more detailed guidelines which you will be able to find on the website soon.*

## Considering Newcomers

*CI is a form that allows people of differing abilities and experience levels to interact and practise together. These considerations are for everyone in the space to read regardless of self-identified experience level.*

### Advice to Newcomers

- Pace yourself - in a jam it's normal to move in and out of dances. Watching is also an integral part of the practice
- Come to the class - this is a space to learn more about CI and connect with people
- If you feel uncomfortable you can always stop a dance

### Advice to Experienced Dancers

- Be aware that a newcomer might not know how to end a dance or how to say no to a dance.
- It might take a newcomer several months of practice to learn how to accept/refuse/request aspects or dynamics of a dance.
- We recommend that you keep dances with newcomers relatively short (not longer than 10 minutes), so that the newcomer can dance with other people and acclimatise themselves to jam culture.

### Starting and Ending a Dance

- It is best practice to start a dance in a manner that the person can see who you are. In some circumstances this might not always be possible, but it can be your general aim
- Let someone disengage or end a dance when they want to. A good way to end a dance can be to slow down your movement whilst moving away from your partner and place your hands together showing your appreciation.

All dancers are asked to learn techniques that allow them to:

- a) Avoid being lifted when they do not want to be lifted
- b) Redirect weight when it becomes too heavy
- c) Redirect to back-to-back contact if front-to-front contact feels uncomfortable.

### Calling out and Reporting

- If something happens that makes you feel uncomfortable or unsafe during a dance, check if you feel comfortable to discuss this directly with the person. If not, please speak to one of the facilitators.
- If you want to call something out, bring someone with you when reporting to witness

### General Advice

Sometimes you may notice yourself becoming sexually aroused during a dance. This is ok as we are human. However, we ask that in these circumstances that you do not pursue this arousal. Just notice it and let it pass or take yourself out of the situation.

*We are working on more detailed guidelines which you will be able to find on the website soon.*

CI@Goldsmiths Team