

## **Guidelines for Safety and Awareness at the Jam**

⌘ Cultivate awareness: of self, others and the jam environment in general.

⌘ You are responsible for your own safety. We have no referees or lifeguards at the jam.

⌘ Learn how to dance safely. For example, in a lift, don't hold onto your partner's "landing gear" (hands or feet.)

⌘ Dance within your limits; it is ok to say "no".

⌘ Expressing sexual energy on the dance floor is controversial; proceed with caution.

⌘ If you are uncomfortable with something, speak up.

⌘ No parking in the middle of the space! Take chatting, schmoozing and bodywork off the active dance floor.

⌘ Be sensitive to the impact of your sounds on the room.

⌘ We encourage you to be both generous and honest in your dancing. (Say yes, say no, stay true to yourself.)

⌘ Witnessing is vital to the form! At our jams, everyone is "in", whether actively dancing or witnessing.

***Any questions? Ask a jam facilitator or member of CIB.***