

CI Principles and Safety Rules

To share the same dancing floor, it is helpful that we share the same “ground”.

To support the vision of a caring environment and shared understanding of what CI practice entails, we created this document. Please familiarise yourself with these principles at the time of registering. Please feel free to add your ideas and experience regarding CI practice and safety principles once we gather.

CI is a living, evolving organism, and we create this ground together by practicing and exploring it together.

1. What is CI

Contact Improvisation (CI) is a dance / movement improvisation practiced in contact with one or more persons.

Some nice descriptions and definitions can be found here: <https://ciglobalcalendar.net/post/what-is-contact-improvisation>

The jam space is a container for exploration of the riches of this dance form (kinaesthetic, somatic, perceptual, acrobatic, aesthetic etc). It is not limited to moving in physical contact with others and equally involves active contact with self, floor and the space. The jam container may include dancing, moving in physical or non-physical contact, solo dancing, resting, witnessing, reflecting, sounding, painting, drawing, writing poetry...

2. Cultivating mindfulness and maintaining safe space

Active Participant

- CI is a wonderful opportunity to cultivate our listening skills and wakefulness. We encourage you to be an active participant and co-creator of a safe jam space. Whilst attending to your own needs, please be **mindful, respectful and supportive** of others in the space.

Eyes Open

- Please move with your EYES OPEN whilst dancing. Feel invited to explore how you stay connected to your inward journey, whilst remaining fully awake and aware of your surroundings.
(This principle helps to maintain safety on the dancing floor. If you wish to have your eyes closed whilst resting, being still or in slow motion, please make sure you shift to the periphery of the dance space.)

Physical Safety

- Discern what actions are safe for you, your partner and everyone else in the space
- Be aware of how and if you share your weight with your partner. Make sure you don't land or put your full weight on other dancers' joints (like knees, ankles, elbows, wrists etc).
- Please take off jewellery and any sharp or hard objects whilst dancing.

- Please arrive fully sober and refrain from taking drugs or alcohol during the jam.
- Follow common sense regarding personal hygiene.
We kindly ask that you stay at home if you feel ill, sick or have an infectious disease.
Please cover open cuts, verrucas etc.

Respecting Boundaries

- Touch and contact is shared and explored in a sensitive, creative and respectful way.
Here we regard CI as a dance form that is practiced in a **non-sexualised and non-romanticised context**. Please respect that this space **is not intended** for sexualised touch or behaviour.
- You can freely disengage from any dance or contact at any point.
- If for any reason you feel uncomfortable or unsafe in a contact with another person, we encourage you to communicate this verbally directly to them. Equally, if you feel unsafe in the space or something doesn't feel right, please don't hesitate to voice it or turn to the facilitators.

3. Responsibility and liability

Every participant is taking **full responsibility** for their own safety and wellbeing at the jam. Facilitators cannot be liable for any injuries. If you are coming from abroad, feel free to explore travel insurance options and policies.

Written by Lada. For any comments or ideas, feel welcome to get in touch.