

## **Welcome dancer!**

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If this is your first time at this jam, please ask **anybody** for an introduction to the FACILITATOR.

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This space is intended for the practice of **Contact Improvisation**.

“**Contact Improvisation** is ... based on the communication between two moving bodies that are in physical contact and their combined relationship to the physical laws that govern their motion—gravity, momentum, inertia ... Practice includes rolling, falling, being upside down, following a physical point of contact, supporting and giving weight to a partner.”

- Steve Paxton and others, *Contact Quarterly* Vol. 5:1, Fall 1979

Rehearsals, extended teaching, **and** sexual exploration are inappropriate in this space.

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Photography **and** videography **are** only permitted with express permission from the dancers and facilitator.

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### **How is Contact Improvisation practiced at this jam?**

#### **(1) We listen to and respect our partners.**

*Listening well to verbal and non-verbal cues allows us to engage each dancer's full range of creativity, and to dance safely with people of every level of ability or skill.*

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We listen for “yes,” and also accept “no” from our partners.

We do **NOT** impose our will, or prevent a partner from leaving a dance.

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We **don't make** unwanted verbal or physical expressions of aggression or sexuality.

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We do **NOT** intentionally **touch** another dancer's breasts or genitals.

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#### **(2) We take care of ourselves.**

*Each dancer takes responsibility for communicating their own physical and emotional boundaries. This gives us the freedom to explore limits and navigate risks.*

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We say “NO” or “STOP” if something feels uncomfortable or unsafe.

We leave or transform a dance at any time for any or no reason.

We ask for help when we have difficulty setting boundaries.

#### **(3) We support a *focused* jam environment.**

*Cultivating awareness, we practice being open to the moment of improvisation.*

We stay at the periphery of the room when witnessing, warming up, stretching, or engaging in body work. We keep social chatter to a minimum, and avoid using phones.

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Please turn the page for more guidelines, and information about SAFETY.

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### **What should I do if I feel unsafe?**

Pause the dance, and express your concerns to your partner(s).  
If you cannot resolve the situation, speak to the FACILITATOR, who will help you.

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### **What are some other practical guidelines for this jam?**

#### **Learning and Practicing Skills**

Listening, taking care of ourselves, and cultivating awareness require skill and practice. Classes are a good place to learn skills. Jams are a good place to practice them. Stay until the closing circle to hear about upcoming classes (or see links, below). Dancers of all levels and types of experience and abilities are welcome at this jam.

#### **Appropriate Clothing**

Smooth, clean, comfortable clothes are best.  
Avoid buckles, belts or jewelry that could catch or scratch.  
Long sleeve shirts and kneepads are good for protection and comfort.  
Bare feet are recommended. If you need shoes, please use a soft pair that you do not wear outside.  
Use the bathrooms downstairs for changing.

#### **Grooming and Hygiene**

Trim your finger and toe nails to avoid scratching a partner.  
Avoid perfumes, clothing with animal dander, and anything else that could cause allergic reactions.

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Deleted: and **Response Protocol.**

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Deleted: Stay updated on Contact Improvisation jams and related events.¶  
Send a message to the FACILITATOR.

**A person under the influence of intoxicants will be asked to leave the space.**

### **How can I learn more about Contact Improvisation?**

Talk to any dancer, or ask the facilitator for an introduction.

Read the Safety and Boundary Guidelines.

Visit our web page at [contactimprovphilly.com](http://contactimprovphilly.com)

Join our mailing list at <https://groups.google.com/forum/#!forum/contactimprovphilly>.

Read articles in the Contact Quarterly Journal (<https://contactquarterly.com>).

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→ <https://movementresearch.org/classes> (look under "Improvational Forms")¶  
→ <http://contactimprovblogger.com/nyc/>¶

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**About this document ...** This document is for you. Please feel free to take a copy. It was created by members of the NYC contact improvisation community in 2018 and has been adapted for Philadelphia with permission from the original creators. This version is from January 12, 2020. This is a living document, and is updated regularly (this copy is from January 12, 2020). Please speak with the jam facilitator, if you'd like to offer comments or suggestions for improving this document.