

The Glasgow Jam Guidelines

We expect participants to read and agree to these guidelines before coming to our jams. Since we may change and improve our guidelines over time, we expect participants to regularly re-familiarise themselves with their content.

Before the jam

- Take pride in your personal hygiene.
- Trim your nails to avoid them catching on others
- Avoid wearing heavy scents or perfumes that others could be sensitive to
- Wear soft comfortable clothing. Long sleeves offer additional protection.
- Remove jewelry that can get caught and pulled.
- Bare feet offer more stability.
- Shoes are not allowed in the jam space.
- Kneepads are encouraged.
- If arriving late, ensure you are warmed up, mentally and physically before entering the jam.
- Keep personal items at the edges of the space.
- It is expected that participants are able to be self-guided during the jam. We strongly recommend newcomers to take at least one class or workshop before joining a jam.

Jam etiquette

- Keep talking to a minimum. If you need to speak to someone, take it outside the jam room.
- Please do not take photos or videos during the jam.
- Breaks are encouraged. If you are resting, remove yourself from the jam space and rest on the edges. Keep your attention alert to the people still dancing.
- Refrain from grabbing others and locking them into a position that restricts their mobility and ability to keep themselves safe during a fall. Do not force lifts.
- Before entering a dance, make sure the other dancer(s) can see you and has a chance to say 'no' to the dance. Be mindful that a duo may not want to be interrupted.
- The jam is a non-sexual space. We acknowledge that arousal is a natural part of human experience. However, we ask that you do not pursue or act on this arousal during a jam. Shift your focus to other aspects of the dance, or take yourself out of the dance entirely.
- If 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. Bring a witness if that makes you feel more comfortable.
- Remember it is OK to say no to a dance - verbally and non-verbally. You may remove yourself from any dance and contact that you are not comfortable with.

What to expect

- Jams are a collective space to improvise. Together we take care that this shared space feels safe and offers opportunities to share, connect, dance, and enjoy for all participants.
- We value respect, care, empathy, and compassion for others. We encourage and challenge participants to deeply listen to their interactions with others.
- Dancing is not the only way to be present. Expect to move in and out of dances and we welcome people to stay on the side to witness or rest.
- Witnessing is an integral part of jams. We usually provide art materials and musical instruments to support creative forms of participation.
- If playing a musical instrument, stay connected with what is happening on the dance floor and make sounds that gently support the ongoing dances.
- It is normal for dances involving newcomers to be short, usually under 10 minutes, as people may need time to feel familiar with this practice.
- Newcomers may not immediately know how to accept/refuse/request a dance so we encourage more experienced participants to be sensitive about this.
- It is ok to arrive late or leave early, but when doing so please be discreet.
- Sometimes we have designated individuals taking photos or videos of the jam. We will seek consent and allow people to opt-out from being photographed.

Reporting & Feedback

- If anything happens during a jam that makes you feel uncomfortable, distressed, or hurt, please report it to us by either:
 1. Speaking directly to one of the facilitators or organisers
 2. Sending us an email to theglasgowjam@gmail.com
 3. Filling out our reporting form <https://forms.gle/kbF3GL4My1dOeKcd6>
(which includes the option of anonymous reporting)
- We encourage all participants to help us keep the jams a safe space by being engaged group members and reporters. We welcome reports from third parties that witnessed something in breach of these guidelines, but please consider checking-in with the people involved before making a report.
- Upon receiving a report, we will ask the people involved to reflect on what happened and how they may prevent such incidents from reoccurring.
- For reports about significantly harmful behaviour or repeated violations of these guidelines, we may ask involved individuals to stop attending our jams.

Legal Waiver

While we want to help all participants feel safe, we do not have the organisational means to take legal responsibility for what happens at jams. We ask attendees to legally assume all risks involved in participating in a session and release The Glasgow Jam from any liability for their safety. This does not imply that participants behaving harmfully are waived of the individual legal responsibility and consequences for doing so.