

The Glasgow Jam Guidelines

Before the jam

- Take pride in your personal hygiene.
- Trim your nails.
- 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 jam space.
- It is expected that participants are able to be self-guided during the jam. We strongly recommend newcomers to CI 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.