

Contact Improvisation JAM Guidelines | Görlitz

As of: August 18, 2026

The Jam Space

The Jam is a focused environment. Be aware of how sound and speech affect the space. Please keep social/casual conversations outside the dance space. Sounds or words that are part of the dance are very welcome; quiet conversations that directly relate to the dance are appreciated, especially when it comes to safety in the dance.

General

- ✓ Please be as punctual as possible so that we can begin the Jam together.
- ✓ Take care of yourself, others, and the Jam environment.
- ✓ You can always join a dance. Enter dances with an attitude of listening and attune yourself to what is already there.
- ✓ *"Grazing"* is a simple, pleasant way to experience dances. Grazing means warming up to interaction with others and the environment through a series of short connections that can last a few seconds or a few minutes.
- ✓ *Observing/witnessing* is a welcome part of this dance form. You are warmly invited to watch from the edge of the dance floor. In this way, we learn and experience a lot while also giving the dance a supportive focus.
- ✗ *"No parking on the dance floor!"* If your dance becomes very slow or ends, move to the edge of the dance floor.

Safety

Please do not use mobile phones, cameras, food, or glass containers in the Jam. Please place unused clothing at the edge of the room.

Self-check:

- Is my personal hygiene comfortable for others? Are my feet clean?
- Am I wearing comfortable clothing that covers my legs and arms (for safe sliding on the floor)?
- Am I wearing jewelry that could get tangled?
- Am I sober, or am I impaired in a way that could negatively affect my behavior and attention?
- Do I have any injuries or limitations? Tip: Communicate them in the opening circle or to your dance partner.

Initiating a Dance

Please only make contact with someone when you receive a clear signal from that person, verbally or nonverbally. Be aware that an initial "yes" can turn into a "no" during a dance. At that point, you should leave the dance.



If you are not sure whether a person, duet, or group has consented to contact, you could, for example, approach by dancing nearby before making contact; begin with light contact before offering weight. Give them space to leave the dance at any time.

Self-care

- ✓ Take responsibility for your own safety – physically and emotionally.

Contact Improvisation is a very physical practice, but it can have a greater (deeper) impact on an emotional, energetic, and physical level. Please pay attention to your own safety in this space. Listen to yourself; notice what feels comfortable for you and your body. We are all different and have different abilities, skills, and comfort levels!

- ✓ It is always okay to say “NO” or “STOP” if something feels uncomfortable or unsafe.

You have the right to accept or decline any dance without having to give a reason or an apology. If you find it difficult to say “no” to a dance, try different variations and possibilities: dance away, stop, say thank you, walk away... Perhaps you will find a gesture or way of doing it that makes it easier for you.

- ✓ Learn non-verbal techniques to avoid being lifted up when you don't want to be.

For example, you can reduce your muscle tone as if you were a “sack of potatoes,” making yourself very difficult to lift. Give verbal feedback if you do not feel heard on a nonverbal level.

Shared Responsibility

Take responsibility for keeping the Jam safe for others. Please be aware of the space around you, especially when dancing at high speed, with a lot of weight, or with jumps.

- ✓ Use your momentum, not your muscular strength, to lift someone.
- ✗ Do not block other people's movements. Do not grab arms or legs while lifting, as they need to remain available for landing.
- ✓ Be careful when moving backwards.
- ✓ Please be mindful of your intentions. Sometimes, sexual arousal may arise while dancing. Please do not pursue this arousal; simply acknowledge it and let it pass. Ideas for dealing with sexual arousal: switch to a more dynamic or playful dance, dance solo for a while, or take a break.

Types of Touch

The Jam is about moving in relationship with others while using forms of touch that are fundamental to Contact Improvisation: rolling point of contact, following, giving/taking weight, etc. Other forms of touch, such as bodywork, may come into play, provided they are consensual.

- ✗ No romantic hands. Use your hands as a surface that listens, gives direction, pushes, supports...
- ✗ Kissing, tickling, caressing, or stroking can disrupt the Jam Space, even when they are consensual between two people. Therefore, please refrain from them.
- ✗ Please avoid touching the genital area.



And last but not least:

Have fun!

Let's have a great time together!

If you have any questions, please contact:

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