

A Compendium of Contact Improvisation Jam Guidelines and related material from around the world

This collection of links to guidelines and related resources for contact improvisation jams is “open for suggestions” -- i.e., you can edit it directly and your changes will be quickly reviewed before becoming permanent. Please feel free to add material! (Also, please add comments if you find any of the linked material problematic.) This is a community resource, rather than one individual’s curated collection, but I do want to keep the quality high.

Materials addressing both consent and race are included in this compendium, but, to avoid duplication, material on race in CI that does not directly address consent is not covered here; instead, it can be found in [About Anti-Racism & Race in CI: A collection of resources, articles, & news](#).

Share and enjoy...

— Benjamin Pierce

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CI Group Guidelines and related documents

Star (*) annotations in the following list indicate guidelines that meet the “[Beaulieu test](#)” -- see the end of the document for discussion.

- [Association for Contact Improvisation](#) (*1 page, for dancers and musicians)
- New York City:
 - [Welcome Document 2018](#) (*2 pages)
 - [Safety & Boundaries Guidelines 2018](#) (6 pages)
 - [Response Protocol 2018](#) (5 pages)
- [Brooklyn Contact Jam](#)
- Philadelphia Thursday jam (based on New York, with some clarifications -- e.g. about unwanted advances)
 - [Welcome Document 2020](#) (*2 pages)
 - [Safety & Boundaries Guidelines 2020](#) (*6 pages)
- Contact Improvisation Twin Cities [Values and Guidelines](#)*
- REASON d’etre dance [Jam Guidelines](#) for Toronto Tuesday (formerly Wednesday) jam (*19 pages)
 - [Beginner Tip sheet](#)
- [Toronto Sunday Jam Guidelines, January 2019](#) (7 pages)
 - [GUIDE to process and structure, March 2018](#) (7 pages)
- [Earthdance](#) (*2 pages)
- [Asheville Jam](#) (*based on Toronto Wednesday jam)
- [WCCIJam \(West Coast Contact Improvisation Jam\)](#) (*1 page)
- [Philadelphia Inclusive Jam](#) (*2 pages)
- [East Coast CI Jam](#) (* 1.5 pages)
- [Washington, DC Sunday Jam \(Ken Manheimer, “Respecting Boundaries”\)](#)
- [Madison, Wisconsin jam](#) (5 pages)
- [Boulder](#) (*5 pages)
- Chicago Sunday Jam @ Links Hall
 - [Community Agreements](#) (*4 pages)
 - [Protocol for Responding to Harm](#) (10 pages)

- [Values](#) (1 page)
- [Collective Governance](#) (4 pages)
- [COVID-19](#) (4 pages)
- [CI@50 Community Agreements, March 18, 2022](#) (*2 pages)
- Ontario Regional Contact Jam [Community Agreement + Release & Waiver + Conflict Resolution + Organizer Interventions](#) (4 pages)
- [Boston](#) (short and long versions)
- [Bristol](#) (several pages)
- [Groningen](#) (1 page)
- [Emeryville Playful Jam](#) (1 page)
 - [\(Online Zoom\) Contact Improvisation-Inspired Score & Jam: Beyond Saudade](#)
- [Glasgow Jam](#) (1 page)
- [Radical Contact](#) (7 pages) (N.b.: this 2012 document—a “safer spaces policy” for gatherings, not really a set of jam guidelines—does not reflect the current state of discussion within the Radical Contact network, which has evolved in the direction of the guidelines above marked with a *...)
- [Consent Jam Leipzig](#) (*11 pages)
- [AUSTRIA Contact Improvisation Jam Info - contactimprovisation.at](#) (German and English version)

Other CI Resources

CI-Specific Consent Discussions and Resources

- Sabine Parzer, [Boundaries, SelfCare and JamCulture \(to be differentiated between the practice of CI in general\)](#)
- Earthdance Consent Culture in Contact Improvisation Symposium (videos)
 - Leslie Heydon, [The Colour of Consent with Leslie Heydon](#)
 - Nicole Bindler, Beyond Sex, consent as liberation: [pre-symposium video](#), [live session](#)
 - Richard Kim, Write It Down!: [pre-symposium video](#)
 - Keith Hennessy, Asymmetrical Consent: [pre-symposium video](#), [live session](#)
- Stephanie Auberville, rosemary carroll, Charlie Halpern-Hamu, Sasha Lasdon, Kathleen Rea, Sarah Schaffer, video, [Dialogue Recorded: white people, consent, and contact improvisation](#)
- Kathleen Rea:
 - [“Moving from Bystander to Action: How Communities Can Respond When Witnessing DARVO, Gaslighting and Other Abusive Tactics”](#)
 - [The Newcomer Experience in Contact Improvisation](#)
 - [“That lady”: The story of what happened when a woman put up a boundary in the contact improv world](#)

- ["How is my community doing in making me feel welcome? A tool for neuro-atypical people to evaluate the accessibility of their community"](#)
- Michele Beaulieux
 - ["The Foundational Value of Safer Brave Space"](#) (video)
 - ["How the First Rule Brought #MeToo to Contact Improvisation"](#)
 - ["Starting by Believing Maria: Responding to Sexual Violence in Safer Brave Contact Improvisation Spaces"](#)
 - ["Can't We Just Dance?: Not If We Want to Create Safer Brave Contact Improvisation Spaces"](#)
 - ["Can't We Just Dance: A Counterstory"](#)
 - ["Just Say 'No' to Teachers Who Troll: Counterstories"](#)
 - ["Just Say 'No' to Teachers Who Troll : Counterstory #2: Alternatives"](#)
 - Chart: ["The Shift from Rape Culture to Consent Culture"](#) (adapts Megan Emerson's "The Stages of Consent Culture in Dance Communities" for CI)
 - [The Beaulieu Tools](#), tools, including the "Beaulieu Test," for determining whether CI spaces are safer brave spaces
 - other articles and resources on blog, [ReservoirOfHope](#)
- Nancy Stark Smith, Letters: [What "First Rule of CI"? Contact Quarterly](#) Winter/Spring 2020
- Sarah Gottlieb:
 - ["A Helpful Supplement to Myth #6: 'It's just not my thing' — addressing facilitator doubts \(Part 2 of 2\)"](#)
 - ["Myth #6: Written guidelines keep CI spaces safe \(Part 1 of 2\)"](#)
 - ["Myth #5: I can handle it myself"](#)
 - ["Myth #4: It's okay to heal me with contact improv"](#)
 - ["A response to a reader regarding Myths to Break Down"](#)
 - ["Myths to Break Down: Moving Toward Ethical Communication and Ethical Sexuality in CI"](#) (#1: "It makes people uncomfortable to talk about boundary setting and sexuality right before dancing together", #2: "It's okay to massage me after we dance.", #3: "Saying 'No' is easy")
- Keith Hennessy, [Questioning Contact Improvisation](#)
- Bhumi B. Patel, ["Let us eat cake, consensually. that is: A Reflection on TALK.DANCE.CAKE"](#)
- Miryam Coppersmith interviewing Eroca Nicols, ["Interview with the Fear Snuggler"](#)
- Jo Kreiter, Taja Will, Anya Cloud, Cathie Caraker, Diana Lara, Ronja Ver, Jen Chien, [Contact Improvisers Consider #metoo](#) (MB: intro fails the Beaulieu Test)
- Andreas Hechler, ["Heteronormativity in Contact Improvisation - 2007"](#)
- Joerg Hassmann, ["Sexual energy in Contact Improvisation"](#)
- Richard Kim's blog post on ["The First Rule"](#) and a [quote on the same topic](#) in a CQ article. *[BCP: Read the comments at the bottom of the blog post to see Beaulieux's commentary and how Richard's thinking has evolved.]*

First-Person Consent Violation Experiences

- Kathleen Rea, [“Twenty Years of Coming to Terms: Shifting from Disempowerment to Activism and Systemic Thinking”](#)
- Vivek Patel, [“Contact and Consent”](#)
- Brooks Yardley (ed.), Zine: [Respecting Boundaries/Coexisting Genders: Women’s Experiences of Feeling Unsafe in Contact Improv.](#)
 - See also an [interview with Brooks](#).
 - [Respecting Boundaries/Coexisting Genders: A Zine about Women’s Experiences of Feeling Unsafe in Contact Improv](#)
- “Lucy,” [My stories: Part One](#)
- SK, Rythea Lee, and CQ, [Contact Improvisation: One Experience](#)
- Michele Beaulieux, [“How the First Rule Brought #MeToo to Contact Improvisation”](#)
- Cookie Harrist, [“MeToo DISRUPTION at the 2018 West Coast Contact Improvisation Jam”](#) (p. 50)

Group Responses to Consent Violations

- Martin Keogh, “101 Ways to Say No to Contact Improvisation” (original article recounts how a jam dealt with “Roland” a jam participant; republished article added story of a jam dealt with a teacher known for trolling students; link and comments below in the Teaching, Consent, & CI section)
- Edo Cedar, [“In Support of a Safe Space in a Contact Improvisation Festival”](#) [MB: I appreciated the honest sharing, but I would have also appreciated centering the victim-survivors and not hailing Keogh’s article as great.]
- Amy Kingwell et al, [Collaborative report](#) on San Francisco CI Bay Area discussion with Karl Frost on the allegation made against him during the [#MeToo](#) protest/speakout at wcciJAM 2018 as well as his difficult dynamics with other teachers and organizers. (MB: Note extended comments on post. Also, Kathleen Rea’s [“Twenty Years of Coming to Terms: Shifting from Disempowerment to Activism and Systemic Thinking”](#) outlines her response to the aftermath of this group process.
- Michele Beaulieux, [“How the First Rule Brought #MeToo to Contact Improvisation”](#) and [“Can’t We Just Dance?: Not If We Want to Create Safer Brave Contact Improvisation Spaces”](#)

The following examples document group attempts to repair harm resulting from secondary violations that occurred from the way groups handled primary violations of consent. These repair (and reparation) efforts to repair past harm resulting from bad and inadequate responses to consent violations are in addition to trying to prevent recurrences going forward through jam guidelines and response protocols, etc. which are documented in the first section of this compendium.

- Ann Cooper Albright, Becca Janovic and team, [Critical Mass: CI@50 Mission Statement](#)
- Sunday Ci Jam - at Links Hall, [Apology](#).

Race, Consent, & CI

This section lists resources on race AND consent. See [About Anti-Racism & Race in CI: A collection of resources, articles, & news](#) for resources on race in CI generally.

- Leslie Heydon, [The Colour of Consent with Leslie Heydon](#) (video) (2021)

Teaching, Consent, & CI

- [InterKinected, CI pre-class intro](#) (* 13 min video)
- Brynn Marie Williams, [“Nuances of touch: embodying and communicating nonverbal consent in contact improvisation”](#)
- Martin Keogh, [“101 Ways to Say No to Contact Improvisation”](#) first published in *Contact Quarterly* Summer/Fall 2003, updated and published as a chapter in Keogh’s book, *Dancing Deeper Still* [BCP: *It feels important to include Martin’s article here because it’s become such a touchstone in discussions on this topic, but I find the emphasis on “no” rather than “yes”, even in the title, problematic, putting the implicit focus on empowering potential receivers of unwanted experiences, rather than on establishing conditions for clear communication about consent and on establishing the principle that people should learn to listen for “yes” rather than taking “not no” as permission.*] The first four articles and two counterstories by Michele Beaulieux above are responses that include imagined alternative scenarios
- Gina T’ai, [“Exploring Consent: Education through Contact Improvisation on a College Campus”](#) [See Beaulieux’s comments on article in the link.]
- Tanya Berg and Doug Risner, “Teaching Contact Improvisation: Touching and Being Touched” in Doug Risner, Karen Schupp, [Ethical Dilemmas in Dance Education: Case Studies on Humanizing Dance Pedagogy](#) (January 2020 McFarland) [MB: *For starters, I found the recommendation highly problematic that the female student who was uncomfortable with the touch and, in my view, brave enough to complain, should go to therapy.*]
- Montana Bass, [“Beyond Yes Means Yes: A Case for Embodied Consent Education”](#) (podcast); discusses ways CI can be applied to consent education
- Alexia Buono,
 - [Teacher education in CI: What does teacher education have to do with safer dance spaces? \(part 1\)](#)
 - [Teacher education in CI: Experimenting with teacher education in Buffalo \(part 2\)](#)
- Coorpos, [“Tool Kit - Education in Consent through Contact Improvisation”](#)

Music, Consent, Guidelines, & CI

- Alex Zampini, [Reflections on the presence of music in contact jams \(archived\)](#)
- Richard Kim, [Can you give me some guidelines/suggestions for playing music at jams?](#)
- Sunday Contact Jam Slovenia [Guidelines for Musicians in Contact Improvisation Jams](#) (1 page)

CI Consent Resources in Languages Other Than English

- [コンタクトインプロビゼーションのガイドライン](#) (CI あいち, Nagoya, Japan)
 - [Wer forscht?](#) Guidelines at CI – [Forschungsfestival](#) at Schloss Tempelhof, Germany, 2020
 - [Consent Jam Leipzig \(Guidelines in German\)](#)
 - [AUSTRIA Contact Improvisation Jam Info - contactimprovisation.at](#) (Deutsch)
 - Brooks Yardley (ed.), [Respect des limites / Coexistence des genres: Expériences de femmes et sentiments d'insécurité en contact improvisation](#)
 - María Paz Brozas-Polo, [Discursos de género en Contact Improvisation. Deliberación y acción coreográfica en torno a la revista Contact Quarterly](#)
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Anthologies of CI Consent Resources

- [Contact Improv Consent Culture](#) (blog by Kathleen Rea)
- [ReservoirOfHope](#) (blog by Michele Beaulieux)
- [Contactimproblog.com](#), including the writings of [Sarah Gottlieb](#) (blog curated by Richard Kim)

General Collections of CI Resources

- [About Anti-Racism & Race in CI: A collection of resources, articles, & news](#) (curated by Richard Kim)
- [Collection of rules, guidelines, and discussions](#) about intimacy, sensuality, and sexuality in CI (curated by Charlie Halpern-Hamu)
- [Contact Quarterly](#) dance and improvisation journal (“a vehicle for moving ideas”)

Other Dance Communities

Group Guidelines

- Swing dance
 - Ottawa Swing Dance Society, [Safety, Consent & Inclusion \(SCI\) Protocol of Intervention](#) [RK: the most comprehensive response protocol I’ve ever seen!] and [Safety, Consent & Inclusion Policy](#)
 - [Mission City Swing Code of Conduct](#)
 - Swing Patrol London [code of conduct](#) and [dance floor etiquette](#) infographic
- Blues dance
 - RDU Blues Safer Spaces Guidelines and other Safer Spaces docs, including
 - <https://www.rdblues.com/community-norms-2/anti-harassment-policy/>
 - [Educational Resources - Anti-Harassment and Safer Spaces](#)
 - [Worksheets - Developing a Safer Spaces Policy & Response Guidelines](#)

- [Chicago Bluetopia Safer Spaces Policy and Guide to Being an Awesome Attendee](#)
- [Soul Play Consent & Safety](#) philosophy, approach, and incident reporting
- [Safety at BIDA](#) (Boston Contra)
- [Behavioral Agreements at Dance Camp Northwest](#)
- [Ecstatic Dance guidelines](#)
- [Dance New England Tantra Track Principles](#)
- [Open Floor Values](#)
- [People Dancing Professional Code of Conduct](#)
- [Dance Church Minneapolis](#)

Resources

- Tanya Hayley Karen, [Tackling Sexual Assault in the Dance Community Means Creating a Consent Culture](#)
- Laura Cappelle, [Bringing Consent to Ballet. One Intimacy Workshop at a Time](#), New York Times
- Ilse Ghekiere, [#Wetoo: What dancers talk about when they talk about sexism](#)
- Multiple Authors, [Interfusion Festival, Confronting Rape Culture in Social Dance](#) (MB: *Good analysis of rape culture but I would beef up and put what teachers and organizers can do before what leaders (as in lead/follow) can do.*)
- Megan Emerson & Portland Country Dance Community, [“The Stages of Consent Culture for Dance Communities.”](#) Also [in Spanish](#). (Adapted for CI: [“The Shift from Rape Culture to Consent Culture”](#))
- Ouardane Jouannot, [Safer Dance: Making the dance community safer and more inclusive](#). Lots of ideas and resources, including:
 - [Dealing with an incident](#)
 - How to write a [code of conduct](#)
 - Why you should [keep a record](#), how to do it, and a link to a public list of dancers banned from dance communities
 - How to encourage [reporting](#)
- Anne Dagenais, [Safety, Consent and Inclusion \(SCI\) discussion, preparation and sensitivity training](#)
- Umka Pele, [Confronting Rape Culture in Social Dance](#)
- Jeff Kaufman, [Taking a Safety Report](#)
- [Tools for Participating in a Conversation about Sexual Assault](#) (fr. Lindy Hop community)
- The Naked Truth: Real Talk about West Coast Swing [Safety and Consent podcast](#)
- Lauren Wingenroth, *Dance Magazine*, [#DancersToo: Is the Dance World Ready to Address Sexual Harassment?](#)
- Lea Marshall, *Dance Magazine* [Op-Ed: In the #MeToo Era, Every Word Matters. Including “Fuzzy.”](#)
- Ernesto Londoño, *New York Times*, [‘A Caricature of the Patriarchy’: Argentine Feminists Remake Tango](#)

- Jean Dorff and Irene Martens, [A dancer's movement to stop sexual abuse](#)
- Matthias Gafni, *San Francisco Chronicle*, [She secretly recorded her abuser and helped put him in prison. Justice brought more horror than she could have imagined](#) (ballet)

Anthologies of Resources

- [An Index of codes of conduct](#) (for non-CI social dance)
- [Shared Copy of Links & Resources for Safer Dance Spaces](#)
- [Safety Dance: Building Safer and Empowered Social Dance Communities](#) (Archived Facebook group)

Theater, Comedy and Other Performing Arts

Group Guidelines

- We Have Voice Collective [Code of Conduct](#) to Promote Safe(r) Workplaces in the Performing Arts
- [#NotInOurHouse Chicago Theatre Standards](#)
- IMPACT Boston, [Line Drawn Community Standards](#)

Resources

- FairPlay MN, [Boundary Check-Ins and Different Levels of Intimacy](#) (improv comedy, 11/2016) (*MB: While the A-D levels of intimacy is brilliant, I'm uncomfortable with the direction that in the closing circle EVERYONE be required to share. Being able to pass allows people to know that when they share, their sharing is a choice.*)
- [Defining Consent: From FRIES to CRISP!](#)
- Screen Actors Guild - American Federation of Television and Radio Artists, [SAG-AFTRA to Standardize Guidelines for Intimacy Coordinators](#)
- A.R.T. New York Alliance of Resident Theatres [Body Autonomy](#)
- Carey Purcell, "[Intimate Exchanges: Sex scenes require as much careful choreography as fights or dances, especially in the #MeToo era. Is your rehearsal room ready to go there?](#)" *American Theatre*, Nov. 2018
- Adam Noble, "[Sex & Violence: Practical Approaches to Dealing with Extreme Stage Physicality](#)" *The Fight Master*, Spring 2011
- Tonia Sina, [Safe Sex: A Look at the Intimacy Choreographer](#), *The Fight Master*, Spring 2014
- Chelsea Page, [Staging Sex: Best Practices, Tools and Techniques for Theatrical Intimacy](#). London, UK: Routledge Publishing, 2020.
- Shawna Potter, [Making Spaces Safer: A Guide to Giving Harassment the Boot Wherever You Work, Play, and Gather](#)
- [Call for Engagement to End Sexism in the Arts](#)

General and Other Communities:

Group Guidelines

- National Coalition for Sexual Freedom, [Consent Counts Program](#)
- Chicago Rope, [Code of Conduct](#)
- Cuddle Party, [Cuddle Party Rules](#)
- Hellcat Jive, [Code of Conduct](#)
- Open Source Bridge, [Code of Conduct](#)
- Geek Feminism Wiki, [Conference anti-harassment/Policy](#)
- Karada House, [Safe\(r\) Space Anti-Abuse Policy](#)
- Tetsushinkan Budojo, [Student Information](#)
- Autcraft, [Autcraft's Core Mission Statement](#)
 - [Stuart Duncan: Why do we need safe virtual play spaces?](#)
- Chicago Humanities Council [Community Agreements](#)
- Lyft [Community Guidelines](#)

Consent

- Victor, [VOICES: Best Practices of Consent](#)
- Emmeline May, [Tea Consent](#) (video)
- Lydia Ortiz, "[Everything You Need to Know About Consent You Never Learned in Sex Ed](#)"
- Marcia B, "[27 Alternatives to Asking 'Is This Okay?'](#)"
- Betty Martin, ['Wheel of Consent'](#)
- Eleanor Greenhalgh, "[The Groan Zone: Towards a Radical Grammar of Consent for Horizontal Collaboration](#)"
- slave david stein, "[Safe Sane Consensual](#)": The Making of a Shibboleth
- Joseph Fischel, [Toward a Democratic Hedonism](#) (Adapted from *Screw Consent: A Better Politics of Sexual Justice*)
- Ellie Anderson and David Peña-Guzmán [Consent](#), Overthink Podcast
- Karen B. K. Chan, "[Jam, 2013](#)" (Uses a musical jam as a metaphor for consent)
- Amia Srinivasan, [What's Wrong With Sex Between Professors and Students? It's Not What You Think.](#)
- Desmond Butler, Amy Brittain and Alice Li, BUILT&BROKEN [Female bodybuilders describe widespread sexual exploitation](#)

Other Things

- Wilrieke Sophia, [Red Flags in Workshops](#)
- Erin Wade, "[Opinion: I'm a female chef. Here's how my restaurant dealt with harassment from customers.](#)" Washington Post, March 29, 2018

- The Consent Crew, [Blog](#)
 - Mariposa (The Consent Crew), "[A Practical Guide to Calling In](#)"
- Nora Samaran [blog post](#), The Opposite of Rape Culture is Nurturance Culture
- Nicole Stamp, CNN [article](#) and viral [Facebook post](#), "What decent men can do in response to #Metoo"
- Jackson Katz, [Ted Talk](#), "Violence Against Women - It's a Men's Issue"
- Cliff Pervocracy, [article](#), "The missing stair."
- End Violence Against Women International, [Start by Believing](#) pledge
- INCITE! Online [community accountability resources](#)
- Andrew Masterson on a study by Carl Jago and Nicholas Christenfeld, [Sexual assault warnings increase victim blaming, study finds](#)
- [The Callout](#), NPR podcast with resources list
- Loretta Ross, [I'm a Black Feminist. I Think Call-Out Culture Is Toxic.](#)
- Courtney Sender, [He Asked Permission to Touch, but Not to Ghost](#) *New York Times* Modern Love column
- Michele Beaulieux, "[Reporting Rape Is But One Choice](#)" Blog Post, *Huffington Post*

Anthologies of Resources

- Mariame Kaba, curator, [TransformHarm](#), Resource hub about ending violence and transformative justice
- Michele Beaulieux, curator, [Culture of Consent](#) (Facebook page of curated articles)
- Olivier Dieleman, [Resources on Transformative Justice and Accountability for Growing Skills to Build Accountable Communities](#)

*A note on the * annotations:*

*Some CI community guidelines, marked *, place primary emphasis on taking care of others and the group. Specifically, the marked guidelines are the ones that meet two criteria. First, there are more words addressing taking care of and respecting each other and the group, listening for "yes," and doing no harm than about taking care of oneself and saying "no." Second, the words addressing taking care of and respecting each other and the group, listening for "yes," and doing no harm come before the words addressing taking care of oneself and saying "no." These criteria were articulated by Michele Beaulieux in what has come to be known as the "[Beaulieu test](#)." The other guidelines generally follow the "first rule" of CI in prioritizing individuals taking care of themselves and in giving the ability to say "no" more prominence than the skill of listening for "yes."*

Marking some guidelines in this way is intended to foreground a particular discussion around consent that is ongoing in parts of the CI community; these marks represent personal opinions that do not necessarily reflect a consensus of the CI community as a whole.

*Many groups continue to evolve their guidelines; if you feel an unmarked guideline now warrants an *, please make an edit and leave a comment explaining.*

Note that only guidelines can have a star as the test only applies to guidelines. Thus, none of the other documents in this list have any stars.