

# AcroYoga Austin

## Jam Rules & Code of Conduct

### Jam Rules

These rules are in place at all jams run by AcroYoga Austin / Austin Acro Advocates.

1. **Waiver.** Please make sure to read and sign the waiver before starting play. A signed waiver is required for participation in AcroYoga Austin jams.
2. **Minors.** Minors *are* allowed at jams, as long as their legal guardian signs the waiver and they are appropriately supervised. *Please do not let small children run into areas where acro is actively being practiced, as this can be unsafe for them and others.*
3. **Pets.** Per agreement with the facilities that host us, pets are not allowed at jams, except for service dogs. Pets can be a distraction to those around them, and can pose a danger to themselves and others.
4. **Space.** Respect the space! Please clean up after yourself, and don't forget your belongings. This includes bottles, food wrappers, clothes, and so on. If you bring food to share, please take the leftovers with you. Do not bring food on the mats. Wear your shoes to the bathroom, and take them off before returning to the mats.

These jams are paid for by your generous donations, so please consider leaving one to help us keep them going.

### Code of Conduct

Our Code of Conduct is based on simple, common sense principles of respect, empathy, and risk management, for the benefit of the community as a whole. **Failure to abide by this code at AcroYoga Austin events, or elsewhere, may result in temporary or permanent exclusion from our jams, events, and social media.**

**Austin Acro Advocates**

*by acroyogis, for acroyogis*

[www.AcroYogaAustin.org](http://www.AcroYogaAustin.org)



1. **Safety.** There are inherent risks involved in acro. While these risks can't be eliminated altogether, we do our best to minimize them. **Please practice safety first.** Use accurate self-assessment; know your capabilities and limits. Be aware of the space around you and what people are doing. Riskier material should be saved for environments with appropriate safety infrastructure - a sprung gymnastics floor, crash mats, etc. Ask for guidance and spotting from an experienced community member when learning challenging new material.
2. **Drugs and alcohol.** Give the gift of your full presence. **Using or being under the influence of drugs or alcohol is not allowed at the our jams and events**, and is a bad idea anywhere you play acro.
3. **Harassment.** Unwelcome sexual advances, sexual coercion or other verbal or physical conduct of a sexual nature, whether explicit or implicit, are not allowed at our jams and events. **A history of harassing behavior, at our events or otherwise, will make you unwelcome in our community.** Do not exploit power imbalances in pursuit of sexual connection - for example, if you're an experienced, skilled acroyogi, making passes at new people is not a great idea. Respect the sacredness of touch, and when in doubt, make it about the acro.
4. **Community respect.** We practice together in a spirit of mutual support. When you play in a group, you are part of that fabric; and when you play in public, you are an ambassador for us all. **Be prepared to adapt your attitude and play style to the context and agreements of the event at which you're practicing.** If it's a high-level training session held in gym with plenty of safety equipment, that's a good place to work on your most challenging material. If it's a casual jam, or an unforgiving environment, or a place where your actions could reflect poorly on the group, stick to safer material. **When an event organizer asks you to adjust what you're doing for the good of the group, please do so.**
5. **Treatment of New Acroyogis.** New community members are our future. Treat them with kindness and a spirit of inclusion, and if you're qualified, consider teaching them a thing or two. **Please only teach a level of acro they can fully understand, participate in as a partner, and for which they can provide informed consent.** Remember they will often attempt this material later without you, so don't show them things way out of their skill level.

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