

A CONTRA DANCER'S ETIQUETTE

CHICAGO BARN DANCE COMPANY

www.chicagobarndance.org

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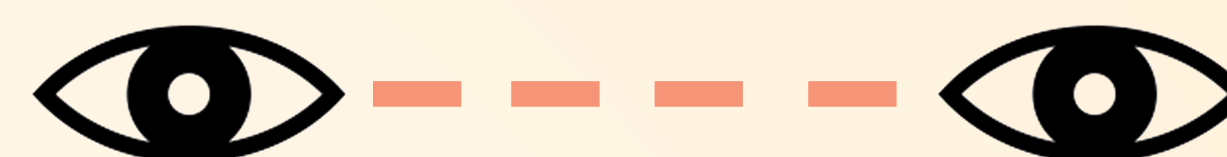
IF YOU'D LIKE TO DANCE WITH SOMEONE – TAKE THE **INITIATIVE** AND INVITE THEM FOR A DANCE. **ANYONE** CAN ASK ANYONE TO DANCE, AND ANYONE CAN DANCE ANY **ROLE**.



GROUND RULES

- ★ RESPECT YOURSELF, YOUR PARTNER AND THOSE AROUND YOU. IF SOMETHING DOESN'T FEEL RIGHT – SPEAK UP.
- ★ RULES ARE SOMETIMES MEANT TO BE BROKEN – AS LONG AS IT FEELS COMFORTABLE TO YOU, YOUR PARTNER AND THE PEOPLE AROUND YOU.

DON'T FORGET TO **SMILE** AND MAINTAIN **EYE CONTACT** DURING THE DANCE! USE **MODERATION** – **CONSTANT EYE CONTACT CAN FEEL CREEPY** WHILE **NO EYE CONTACT AT ALL CAN FEEL IMPERSONAL**.

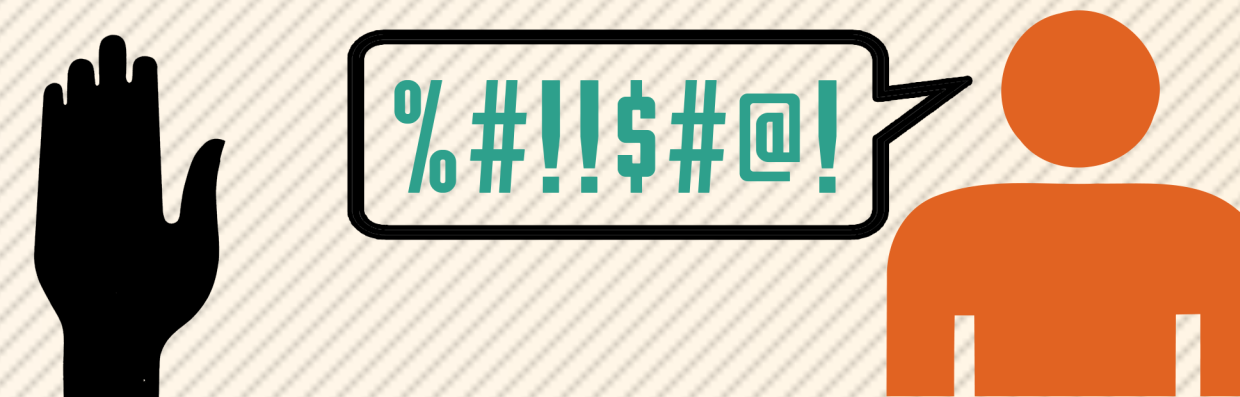


INCLUDE BOTH **NEW** AND **RETURNING DANCERS**. IF YOU WANT TO DANCE, GET ON THE **DANCE FLOOR!** REFRAIN FROM **BOOKING AHEAD**.

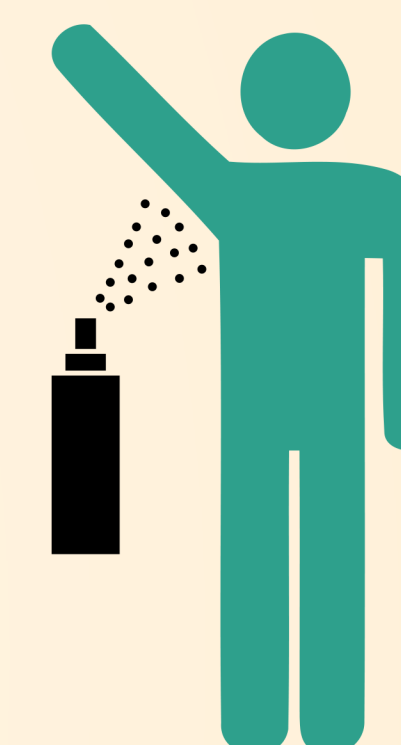


PROTECT YOURSELF - WEAR PROPER FOOTWEAR; PLEASE WEAR CLEAN SOFT SOLED SHOES TO PROTECT THE FLOOR AND YOUR BODY. AVOID SPIKE HEELS.

INTENTIONAL VERBAL OR PHYSICAL ABUSE (TOUCHING, CURSING, ETC.) IS UNACCEPTABLE. OFFENDERS MAY BE BANNED – PERMANENTLY.



Maintain good **personal hygiene**. Shower before the dance, and bring antiperspirant. Use breath mints, & share nicely with others as well.



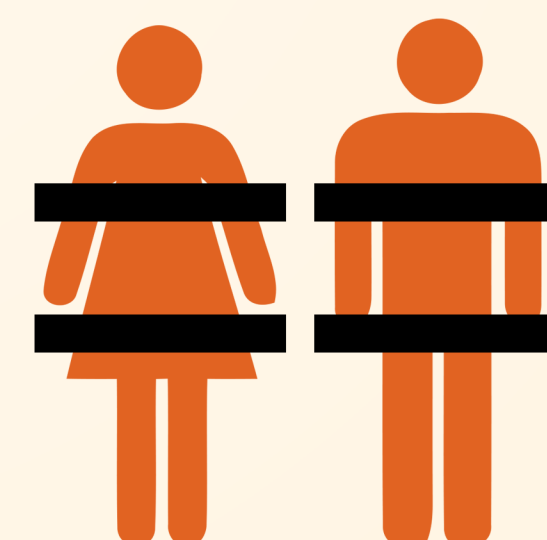
CONNECT WITH PARTNERS THE WAY YOU'D LIKE TO FEEL CONNECTION YOURSELF. IF A PARTNER USES AN **UNPLEASANT** OR **HURTFUL** CONNECTION CONSISTENTLY, PLEASE **LET THEM KNOW**. THE DANCE ORGANIZERS ARE **ALWAYS AVAILABLE** IF YOU'D LIKE TO CONSULT WITH THEM.



IF YOU ACCIDENTALLY BUMP, KICK OR HIT SOMEONE WHILE DANCING, **APOLOGIZE**. IF A PERSON CONSISTENTLY DANCES IN A DANGEROUS WAY, BRING IT TO THEIR **ATTENTION** OR LET THE DANCE ORGANIZERS KNOW.



IF YOU UNINTENTIONALLY TOUCH OR GRAZE SOMEONE'S PRIVATE AREAS -

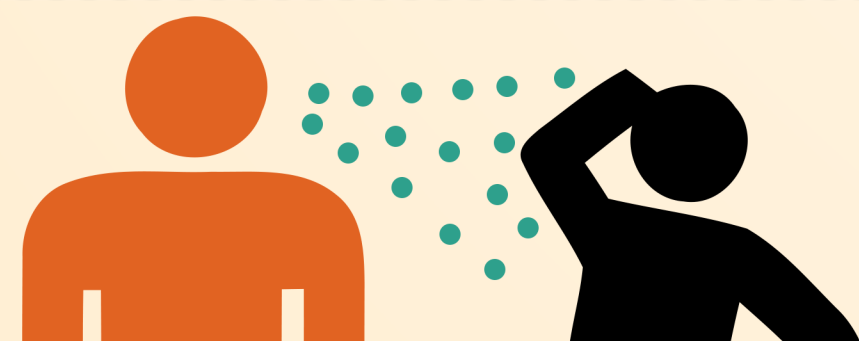


APOLOGIZE IF INAPPROPRIATE TOUCHING PERSISTS, BRING IT TO THAT PERSON'S ATTENTION OR THE ORGANIZER'S.

MAKE YOURSELF **PRESENTABLE** AT DANCES. CONSIDER BRINGING A SPARE SHIRT, OR A BANDANA TO MOP YOUR BROW.



WE'VE ALL GOT THE CONTRA BUG, BUT GERMS ARE NOT SOMETHING TO SHARE. IF YOU HAVE TO SNEEZE OR COUGH - DO SO INTO YOUR ARM, NOT YOUR HAND. USE HAND SANITIZER AND WASH YOUR HANDS THROUGHOUT THE EVENING.



OUR DANCES ARE INCLUSIVE. BE **WELCOMING** AND TREAT OTHERS WITH **RESPECT AND KINDNESS** REGARDLESS OF AGE, GENDER, SEXUAL ORIENTATION, PHYSICAL APPEARANCE, ETHNICITY, (DIS)ABILITY, OR OTHER ASPECT OF IDENTITY.

PLEASE DO NOT WEAR PERFUME, COLOGNE, OR OTHER **SCENTED PRODUCTS** TO THE DANCE. MANY DANCERS ARE **ALLERGIC** AND WILL NOT BE ABLE TO DANCE COMFORTABLY IF OTHERS ARE WEARING FRAGRANCE!



WE'RE ALL HERE TO HAVE FUN. ENJOY YOURSELF AND DO YOUR BEST TO MAKE THE EVENING FUN FOR OTHERS AS WELL!

