

# Safety in Social Dance

We all take part in social dance for fun and connection, and we all have different preferences for how we best enjoy that.

In past years, some of you have indicated on your post-festival survey that would like more conversation about this, so we have compiled some things for you to consider.

Here are a few things to be mindful of as we dance together:

- Those who you are dancing with may have present or past injuries with or without physical indicators.
- When taking people's hands, be careful to not squeeze or grab. Please be especially aware of your thumbs and whether you really need them. We can share weight and generate momentum through the rest of our bodies - hands are guiding / connection points.
- Communicate with your dance partners and sets. Listen both to words and to physical indications of what is comfortable. For instance, raising one's arm for their partner to twirl under can be declined with a small amount of resistance.
- If you have an injury in a place that can be seen outside your clothing, consider using K tape in a bright colour while dancing to let others know and remember. We plan to have some tape available near the front of the stage during dances.
- Be aware of your surroundings and the other people in the room. Look around you (including behind you!) before spinning or moving quickly into a space.
- It's okay to get things wrong. We have all been beginners, and learning together is part of the beauty of our traditions!

