

When you're contra dancing, not only are you moving to the rhythm of the music, but you're actually creating a pattern with everybody else. And you're all in it together, and you all are equally important. And I think that for human beings that's a very deep need to be connected and to move in rhythm. It happens all kinds of ways but contra dancing is a particularly joyful way of doing it.

- Pam Weeks, from PBS "Out and About: Contra Dancing in Maine"

Dancer Expectations

Cincinnati Contra Dancers aims to create a friendly, welcoming space for all. For safe and fun dancing, our community expects the following from all dancers:

- Foster a culture of respect and consent when interacting with everyone on and off the dance floor.
 - Don't make assumptions about what someone else wants. Just because they dance a certain way with one partner does not mean they want to dance that way with everyone.
 - Communicate! Ask if your partner wants to be twirled, dipped, lifted off the floor, etc.
 - Respect any requests to cease an interaction that is making someone uncomfortable.
- Remember that your partner's needs, abilities, and comfort zone may be different from yours. Err on the side of being respectful.
- Use your voice if someone is interacting with you in a way that makes you uncomfortable; *no, stop, ouch, or I don't like that* work well.
- Please use good judgment when choosing to drink alcohol or use other intoxicants. Insobriety cannot be tolerated on the dance floor.
- Some dancers are sensitive or allergic to highly scented products such as perfume or aftershave. Please refrain from wearing fragrances and be sensitive to other odors that might cling to you.
- **Verbal or physical harassment of any kind is unacceptable and will not be tolerated.**

Examples of inappropriate behavior include, but are not limited to:

- Unwanted close dancing or other unwanted physical contact
- Rough or forceful dancing, including using physical strength to force a turn or flourish
- Twirling new dancers without express consent
- Making unwanted advances
- Shouting, deliberately intimidating, or making prejudicial comments

If you experience or witness inappropriate behavior, or encounter a problem at one of the dances that you would like help resolving, please speak to a Cincinnati Contra Dancers board member. You can also send an email to cincinnaticontradance@gmail.com and request a response from our current board facilitator(s). Dancers behaving inappropriately may be asked to leave the dance.

We're happy that you're here, and we hope that you have a great time contra dancing!

Cincinnati Contra Dancers