

# ZOUKDREAMS



## Guidelines & Code of Conduct

This document is to provide guidelines and clarity, to make Zoukdreams events an inclusive & welcoming part of the community. We would like everyone to have a relaxed and enjoyable time in classes & in socials. Keeping to these guidelines and code of conduct will help with that. Whatever your role is, make sure you read all points.

### ASKING & ACCEPTING

It is completely acceptable to turn down a dance for any reason. Please be polite but do not feel obliged to dance because someone has asked. That said, please try to dance with everyone, also beginners that might be shy or nervous. Everybody has to start somehow! It's considered inappropriate to wait for teachers or be selective based on other variables.

### DANCE LEVEL

You must take classes to be able to dance Brazilian Zouk. Dancing without taking classes can mean you will seriously injure someone. In general, the more experienced person should adjust their dancing to prioritise the comfort of their less experienced partner. As a **leader**, refrain from leading head movements and cambrés with a beginner. Or perhaps leading them slowly and clearly. As a **follower**, this could mean reducing personal styling that might cause confusion to someone who is not used to it.

### SAFETY

It is important to avoid moves, when your dance partner's level or the situation requires it. Both leaders and followers are responsible for their own weight. **Leaders** should not lean over their partner and never be rough, instead lead light and clear but not firm. It is generally inappropriate to use lifts on a social dance floor. **Followers** should never initiate moves that requires the leader to support them. If the leader is not prepared, you can cause damage to the leader's spine.

### PERSONAL HYGIENE

Dancing involves being in close proximity to other people. It is important to take care with your personal hygiene. Please: shower before the event, use deodorant, wear freshly washed clothes, clean your teeth and use mints to avoid bad breath.

### CLOTHING

There isn't a general dress code for dancing Zouk. Just wear what you are comfortable with and avoid things that might get caught (in the hair) while dancing: necklaces, bracelets, watches and shirts with buttons for the leaders. Due to the dance position it is also standard for leaders to empty their front-right pockets.

### DANCE ADVICE & TEACHING

Social dances are about having fun, relaxing and enjoying the night. Please do not criticise, offer unsolicited feedback or advice on the dance floor unless the other person explicitly asks you for it. This also applies to classes where it can disrupt the flow of the class. The only reasonable exception is where you are concerned that your partner's actions might hurt you. In all cases be kind, stay polite or ask the organiser.

### REPORT !

If you experience any discomfort from someone failing to follow what's on this page, please talk to one of the team. We will deal with it discretely and do our best to keep you anonymous. You can use email, phone or chat to contact us.

### RESPECT BOUNDARIES

Two people who are comfortable with each other can dance Zouk in a very close embrace. However people have different limits and if someone is not comfortable with it you must respect personal space and dance in a less close position.

### INTENTIONS

Social dancing is a great way to meet new people, however they probably come to enjoy the dance, not to get a date. For beginners, dancing is often outside of the comfort zone and a little bit scary. Don't make them deal with other things also. On the dance floor you only have consent to dance.

### HARASSMENT

Whilst dancing involves physical contact between two people; inappropriate physical contact is considered harassment. This includes strong, rough, or sexual interactions that lead to an uncomfortable dance or other situation in any respect. We have no tolerance for such behaviour. Participants, teachers, DJs and everybody else asked to stop any harassing behaviour, are expected to comply immediately. Zoukdreams may take any action they deem appropriate, including warning the offender or expulsion from the event with no refund. Also Vacid.nl will be notified. Zoukdreams will be happy to help to contact law enforcement, provide escorts, or otherwise assist those experiencing harassment to feel safe for the duration of the event. This policy applies also outside the venue. If you don't know what "consent" is, watch this video: [www.bit.ly/2Eqw0t7](http://www.bit.ly/2Eqw0t7).