

# BAL FOLK: CODE OF CONDUCT

ENGLISH  
VERSION

JUNE  
2022

BAL FOLK = ALL SORTS OF MODERN AND TRADITIONAL DANCES TO LIVE, MOSTLY WESTERN EUROPEAN FOLK MUSIC. THEY'RE DANCED IN COUPLES, GROUPS OR ALONE.

HERE YOU'LL FIND THE BASIC GUIDELINES & TIPS FOR OUR EVENTS:

## UNIVERSAL:

We aim for everyone to feel **SAFE & WELCOME** at our events.

BE KIND TO EACH OTHER, WE **DO NOT TOLERATE DISCRIMINATION**



(i.e. based on race, gender, sexuality, disability, appearance, religion, dance level/role, and everything else)

Wear whatever you like: there is **NO DRESSCODE** (but please do wear something)

**Everybody (f/m/x)** may dance with each other and choose to lead or follow.

Verbal or physical intimidation is **NEVER** acceptable.

> If you behave in an unacceptable way, the organisers may talk to you about it and in the worst case ban you from the event.

## RESPECT OUR MUSICIANS

for example, don't talk louder than the music

**ABOVE ALL: IF SOMETHING DOESN'T FEEL RIGHT - DON'T DO IT. RESPECT THAT OF OTHERS TOO.**

## PERSONAL CARE:

TAKE CARE OF **PERSONAL HYGIENE**

You know what works best for you, but here are some tips: wash your hands (bacteria spread quickly!), brush your teeth, use deodorant if you need it or bring a set of extra clothes.

You're here for **YOU**

There's no harm in skipping a dance.



Make sure you don't bother other people with use of alcohol, smoking, etc.

Drink enough **water**.



Take care of your own physical and emotional **limits**.

## ASKING:

Feel free to ask **anyone** to dance, even when you don't know them (yet).

Don't feel obliged to dance with someone. You can always say 'no' without giving a reason.

^ accept this from others too

**WANT TO LEAD / FOLLOW / BOTH? STATE YOUR PREFERENCE!**

→ both followers and leaders may take the initiative to ask someone to dance :) ←

## DANCE FLOOR:

**BE MINDFUL OF THE WHOLE SPACE**

Don't just carry out **risky movements**: be mindful of your partner, and the space and dancers around you.

**COMMON DANCE DIRECTION:**



In most couple dances, fast-moving couples dance on the outside lane & others in the middle of the dance floor.

## WHILE DANCING:

Everybody is here to have a goodtime. Be careful with giving feedback; it might be unwanted.

**DANCING IS SOMETHING YOU DO TOGETHER.**

Take note of the style and body language of your dance partner(s) and make sure that it is **comfortable** for everyone.

→ If anything in the dance hurts or is annoying you, communicate it to your partner directly. ←  
→ If you bother or hurt someone, please apologise. ←

Search for a dance position that **feels good for both of you**. For example, don't assume that everybody likes to dance very close to each other.



always ask (non-verbally) if and where you may join a **group dance**

**HAVE A LOT OF FUN & SEE YOU ON THE DANCE FLOOR!**

this poster was created as a result of the Balfolkfabriek Network day. Questions? info@balfolk.nl

(space for contact info for this event)

DO YOU FEEL UNSAFE OR DID YOU HAVE A BAD EXPERIENCE? PLEASE DON'T HESITATE TO SPEAK UP! EITHER TALK TO THE PEOPLE THAT BOTHER YOU, CONFIDE IN FRIENDS, OR ASK FOR ONE OF THE ORGANISERS OF THE EVENT. THERE'S ALWAYS SOMEONE WILLING TO LISTEN.