

Pitch Catch Agreements

- **Consent:** I understand that consent means mutual, enthusiastic, ongoing, and informed support for the interactions I engage in with other acrobats. I understand that the initiator of an action carries the burden of obtaining consent prior to acting - it is not the recipient's responsibility to say no. I understand that consent can be revoked at any moment for any reason and that consent can only be given by someone who is in a sober, clear mental state at the time. I also agree to say no if I don't feel safe, comfortable or interested in trying a particular skill at a particular moment with a particular person. I also agree to respect other people's "no's" and to accept them gracefully.
- **Spotting:** I will seek out spotters for any skill that I do not feel completely comfortable training without one. I will not spot a skill that I don't fully understand and/or feel 100% ready to spot safely. As a spotter, I have the right to ask for an additional spotter, or additional resources such as lines or mats.
- **Communication:** I commit to communicating with compassion and care with my fellow acrobats. I understand that high-intensity and high-risk environments may create short, imperfect communication at times in any of the roles. I'll do my best to not take any language personally while at the same time communicating any changes I need in order for me to feel connected and safe. I also aim to be aware of my own language and practice accountability with it. If I feel I've communicated poorly, I'll apologize preemptively as a practice of community care and bettering my communication habits.
- **Feedback:** Feedback is an essential part of learning in acro. If I am a part of the skill, I am welcome to give compassionate, concise and constructive feedback to my partner(s), and/or to ask for changes in spotting. If I am spotting or watching a skill, I may give feedback, but I will ask first if it is desired, and I will strive to make that feedback as concise as possible.
- **Power Dynamics:** I understand that power dynamics exist in any interaction and I will strive to recognize situations in which I have an uneven amount of power and take extra care to communicate well, be compassionate and seek consent in those situations.
- **Respect:** I will respect my fellow community members' sexual, racial/ethnic, and gender identities. I respect any gender, sexual orientation, or body type taking on any role in the acro community. I will make my best effort to address people using the gender pronouns they identify with, and quickly correct myself and move on if I slip up.
- **Coaches:** please know that coaches are paid for the time they are scheduled to be teaching. You may see coaches in the gym when they are off duty. While coaches may choose to do acro with students during that time, they are under no obligation to do so, and please understand that a "no" from a coach may come from many different reasons. Additionally, please respect their time by not asking them for coaches eyes, spotting, etc unless they volunteer. Furthermore, Coaches will not engage in any intimate relationships with students on the course unless such relationships were established prior to the program.
- **Timeliness:** I will arrive to classes on time and with an appropriate warm-up. If I arrive to class late (for whatever reason, including a private lesson), I will ask a coach before participating in the class. I will also do my best to respect the Bop, i.e. come in quickly when a coach Bops us.

- **Sobriety:** I will not be under the influence of alcohol or other mind-altering drugs during gym hours. If I choose to do acro with someone in the program in off-hours when I am under the influence of drugs or alcohol, I will inform them of my consumption prior to doing any acro.
- **Hygiene:** I will bathe and launder my clothes regularly to ensure a neutral odor. I will not wear strong scents while training. I will also wear shoes in the bathroom and wash my hands regularly.
- **Cleanliness:** I will do my best to keep my personal items tidy, to take all of my things home at the end of each day, to keep phones, clothes and water bottles off the gym floor, to not bring any food or drink (other than water) on the gym floor.
- **Self Care:** I will do my best to sleep a lot, eat enough, and drink loads of water.
- **Illness:** I will do my best to avoid contracting or spreading any illness, including COVID. If I feel sick, I will stay home and, if I have COVID symptoms, I will take a COVID test. If I have concerns about exposure, I will mask up for training (locals who have a larger chance of exposure are especially encouraged to wear masks during training as possible).