

We don't want to silence anyone, but we would like to appeal to your tact and sensitivity so that we can all feel comfortable. This brings us to the end of our introduction to the R.U.N.D. concept. We hope we have given you some food for thought. If we all pay attention to this together, dancing together will work out well for everyone!

Summary:

- **You can choose who you dance with.**
- **You can decline invitations to dance.**
- **We maintain a pleasant dancing posture for everyone involved.**
- **You can decide for yourself how you want to greet someone or be greeted.**
- **We respect the privacy of others.**
- **We use appropriate and respectful language.**

Whether actions constitute a violation of boundaries is subjective to the person affected. Perhaps the other person is not even aware that something is wrong for you. If you need support for such a conversation, find a trusted contact person on site or write to **president@eaasdc.eu** or **support4members@eaasdc.eu**. If something makes you uncomfortable, speak up!



EAASDC

How to R.U.N.D – Rules used for Nearness and Distance

Dear dancers,

it is incredibly important to us that everyone feels comfortable when enjoying our wonderful hobby!

That is why we launched an initiative on the topic of “Preventing Sexual Harassment” some time ago. In this context, there have been repeated discussions about our dance culture, traditions, and the unwritten rules of our community.

We have critically examined these, updated some of them, and written them down as “**Rules used for Nearness and Distance**” (R.U.N.D.). We would like to present these to you below and explain them a little:

You can choose who you dance with.

With us, anyone can ask anyone to dance, there are no restrictions.

Board members and leaders can also be asked to dance.

Part of our hobby is getting to know new people. Just go for it and find someone

For me, one of the biggest advantages of our dance classes is that I don't need a regular partner, but can come alone, with friends, or with family and choose who I want to dance with for each round. I don't have to wait to be asked, and I don't have to adhere to any hierarchies.

I can ask someone to dance or be asked myself, meet new people and dance with old acquaintances – all in a single evening!

You are allowed to decline invitations.

Everyone needs a break sometimes, gets hungry, or needs to use the restroom...

You are allowed to decide whether you want to dance or not without giving a reason or justification.

You are not forced to accept an invitation, but you also have to accept a refusal.

For a long time, there was an unwritten rule that requests to dance could not be refused under any circumstances. After all, it is a hallmark of our community that everyone dances with everyone else!

And yet, we believe that it is important for the future to question these old traditions and, in some cases, redefine them.

I would like to give two examples here that have nothing to do with sexual harassment and yet it clarifies how

declining an invitation can make the dance evening more enjoyable:

1. There are exactly 16 dancers at the club evening. So the expectation is that two squares must dance throughout. However, not everyone can do this for health reasons. For fear of negative comments, some of the dancers prefer not to dance at all rather than possibly having to refuse an invitation.
2. I am at a special event, have not eaten or drunk anything for a long time, and want to take a break. Now I am asked to dance and I do so because I don't want to say no. Afterwards, I feel dizzy.

I have experienced both situations exactly as described. In both situations, refusing the invitation can be the solution! In the first case, you could perhaps discuss within the club how to accommodate different needs. In the second case, you could possibly arrange to meet up later.

We want to achieve a situation where refusing an invitation is accepted even without a specific reason.

Perhaps there are reasons I don't want to share, perhaps my dance partner already made an unpleasant impression during a previous dance and I don't want to experience that again.

Whatever the reason, when asked to dance, everyone is free to decide whether to say **yes** or **no**.

Personally, I think that as a community we will certainly find a good compromise here in the coming years, in order to strengthen the freedom of choice for individuals on the one hand, while at the same time sticking to our basic idea that everyone dances with everyone else. I know of clubs where this already works very well. If this is not yet the case in your club, please refer to this R.U.N.D. concept.

We maintain a comfortable dance posture for everyone involved.

A good dance posture makes dancing easier and promotes enjoyment. It can provide support and improve the flow of movement. It also prevents injuries and misunderstandings.

If something makes you uncomfortable, let your partner know.

Be open to feedback and give it yourself.

We all know the feeling: you're standing in the square with the right people or with your favourite dance partner on the round dance floor, and it just clicks.

For me, it often “clicks” when everyone has the same energy, a helping hand comes at the right time, and the movements fit together well.

On the other hand, we've all experienced “the dead fish,” “the vice,” or possibly even a hand in the wrong place. Then dancing immediately becomes less fun, figures don't work as well, and the enjoyment falls by the wayside.

Therefore, we would like to encourage self-reflection:

- ☞ Where are your hands?
- ☞ How firm is your grip?
- ☞ Are you letting go in time?
- ☞ How do you move while interacting with others ??

You can decide for yourself how you want to greet someone or be greeted.

Greet people in a way that makes everyone feel comfortable.

Pay attention to the gestures and facial expressions of the person you are greeting – for example, not everyone wants to be hugged.

When dancing, we all call each other by our first names, things are generally uncomplicated, and we are often very warm and friendly. It is also traditional to greet everyone in the square and usually everyone in the dance room. Many people hug each other in greeting, and some even kiss each other on the cheek.

But this is not the right form for everyone. Perhaps your counterpart is generally shy, does not like such close contact, or is simply new to our hobby and does not know you yet.

Therefore, pay attention to your counterpart's signals! If someone extends their hand to greet you, don't insist on a hug. Even a wave and a “hello” can be part of a very warm welcome.

Respect the privacy of others.

Everyone has their own comfort zone and personal boundaries.

Respect the boundaries of others.

Do not take photos without consent and keep your distance – especially in showers, changing rooms, and dormitories.

We all want to have memories of our wonderful experiences. That's why we take lots of photos and sometimes even videos, especially during special events. But be aware that not everyone may feel comfortable being photographed.

Pay attention to who you have in front of the lens and check critically – especially before posting on social media, for example – whether the image should really be made public.

And then, of course, there are also particularly private moments when dancing. These include changing rooms, showers, and dormitories. Hopefully, it goes without saying that cameras have no place here!

But the so-called distance zones (intimate, personal, social, and public distance zones) also play a special role here.

In these situations, try to maintain sufficient distance from your fellow dancers and pay particular attention to respectful behavior.

Ensure that you use appropriate and respectful language.

Politeness and friendliness characterize our interactions.

The manners of real life also apply to digital media. This applies, for example, when dealing with different age groups, sexual orientations, nationalities...

Pay particular attention to age-appropriate and respectful language, especially in the presence of children.

Please note that the use of offensive language may result in the deletion of your comment.

We often say, “Friendship is a dancer's greatest reward.” To ensure that this is and remains true in real-life, we should all pay attention to our language first and foremost. This applies both in real life and online. Even a difference of opinion should not lead to insults and the like. But even in normal interactions, it is worth paying attention to how you express yourself:

- ☞ Is what I am about to say appropriate for my fellow dancers?
- ☞ Are there children in the room?
- ☞ Does everyone understand my humor?