



PARTNER GUIDELINES

Boundaries are the limits and rules that you set for yourself and in your relationships with others. The importance of establishing clear and defined boundaries is that doing so provides safety and security for you and others.

Create your boundaries with respect, openness, truth, honesty, and acceptance of limitations, beliefs, and fears. Enforcing your boundaries is in the best interest and well-being of you, your partner, and the community. This is an action that proactively prevents large problems from forming. Developing boundaries is a skill that involves trust, requires the courage to be steadfast, and the willingness to have uncomfortable conversations.

Communication

Clear, calm communication is one of the most underrated qualities of a great acrobat. It's essential to learn and practice strategies for better communication with whomever you're working with.

Hints for communication:

- Communicate what your aim is each time you approach a skill (entrance, exit, concerns, cues)
- Repeating yourself isn't communication. Learn to ask for what you need in multiple ways.
- Avoid pointing fingers. Success is cooperative and is achieved by each person taking responsibility for themselves and giving their all.
- Remember it is you and your partner versus the skill and not you versus your partner.
- Don't take fear or reservation personally. Learning to hear a person's fear and accommodating for them is the best route.
- Be aware that stress, fatigue, and fear all make communication harder. Be extra conscious when you're feeling a little off.

Consent

Consent is the conscious agreement to the entirety of what is being done or attempted to be done by all involved. Proper consent cannot be attained with partial information so be clear about what the consent is for.

- Never assume consent. Consent should be explicit, never just implied.
- Consent once does not mean consent for all future recurrences.
- Consent can be revoked at any time, but needs to be done explicitly.
- It is wise to accept willing consent only. Do not attempt to manipulate or convince consent.
- At no point is anyone obligated to give consent to anyone.
- Don't take a lack of consent personally.

If you experience or observe a violation of these consent guidelines, please report it to a member of the conflict resolution committee.

Accurate self assessment has just as much to do with YOU as it does with your base/flyer and spotter(s)!

Let's start with **you!** Ask yourself:

- *Do I fully understand the skill?*
- *Have I done the drills (if any) to learn the basic movements of the skill?*
- *Do I feel capable of performing the skill safely? (This can vary day to day)*
- *How much spotting do I need?*
- *What is my risk of personal injury?*

Now let's think of **everyone else involved:**

- *Do I feel like I can keep my base/flyer safe?*
- *Does my base/flyer understand the skill?*
- *Has my base/flyer done the drills (if any) to learn the basic movements of the skill?*
- *Do we, as a team, understand what to do if the skill fails?*
- *What is the risk of injury to my base/flyer if the skill fails?*
- *Do my spotters understand the skill?*
- *Do my spotters understand what I need from them (hands on/off, proximity, level of involvement)?*
- *What is the risk of injury to my spotter if the skill fails? (Remember that the spotters are usually at the highest risk for injury!)*

You don't have to be perfect to try a new skill!

We all have to start somewhere, and every time we try something new, there is a high potential for failure. Accepting failure and preparing for it is a big part of accurate self assessment.

Failure is not only ok, but essential in the learning process. Failing SAFELY is the difference between a great learning experience and an injury. The use of accurate self assessment before attempting any skill will set all parties up for the best possible success.

Etiquette and Participation

These are guidelines to help individuals, particularly new members, feel comfortable and get the most out of their experience at Acro events. Everyone approaches events with different aims and goals, but these do's and don'ts will help everyone have a good time.

Do's:

- Ask for help or tips on skills
- Ask someone to fly or base with you
- Ask someone to spot a skill for you
- Ask someone to take pictures of a skill
- Work with a variety of different people
- Say "no" if you aren't interested in helping out doing something someone requests

Don'ts:

- Monopolize a single person's time. Jams and classes are designed to be social
- Limit working with people you're attracted to
- Post pictures or videos without involved members' consent
- Expect others to teach you. They probably will, but approach them with specific requests about what you want to learn
- Don't take it personally when someone doesn't want to work with you.

Community

What exactly is Acro Yoga? It's the combination of yoga and acrobatics! Acro Yoga is typically practiced with a base, a flyer, and a spotter. St. Pete Acro Yoga as a nonprofit was formed in 2022, but has been a part of the community for much longer. People travel from not only across the Tampa Bay Area, but all over the globe to meet up, share their knowledge, and learn new skills in a fun, safe environment. Together, we meet to collaborate, create, communicate, and challenge each other. Not only will you gain strength, mobility, and body awareness, but best of all, you'll gain a community of incredible friends who will cheer on your successes and encourage you to grow in ways you never knew were possible.

Updated July 2023

