



## Guidelines for participants - Safety & Awareness

### 1. Safety obligation:

I undertake to always prioritise my own physical safety and that of others.

- I will not attempt any tricks or exercises for which I am not sufficiently prepared.
- I will use the necessary safety measures, such as spotters, mats, safety lines or sufficient space.
- I encourage my practice partners and myself to use spotting when necessary for any exercise to ensure safety.

### 2. Consent:

I understand that "consent" means a mutual, enthusiastic, continuous and informed consensus.

- As the initiator of an action, I am responsible for obtaining consent.
- I acknowledge that consent can be withdrawn at any time and can only be given in a clear, sober state.

### 3. Communication and boundaries:

Openness and respect are core values in our training.

- I will speak openly about my boundaries and intentions and accept those of others.
- This refers to technical exercises, physical touch and any other type of interaction.
- I will always accept the limits that are set for me and not try to exceed them.



#### 4. Responsibility as the party responsible for an accident/incident:

If I am the cause of an incident:

- I take responsibility for my part in this.
- I will give a full and honest account to the persons concerned.
- I will do my best to support those affected and apologize for my actions.
- I respect and recognize the experiences of my partners.
- I will listen, learn and, if necessary, change my behavior.
- I will accept and respect the necessary distance and the boundaries of my partners.

#### 5. As the injured party in an accident/incident:

- When I am the injured party in an incident:
- If possible, I will communicate directly with the other person involved.
- If necessary, I will consult a trusted person or a trainer.
- If there are serious concerns, I will consult with community leaders and/or professionals.

#### 6. Community standards:

I will hold myself and others to these standards.

- If I am aware of problematic behavior, I will not look the other way or ignore the problem, regardless of my relationship with the person.
- I will try to address the problem directly or, if necessary, discuss it with a trusted person or the trainer.

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