



## THAI FUSION LABS PARTICIPATION GUIDELINES

### **Personal Hygiene:**

Please wash your hands before and after working with someone. We will provide gloves if desired and/or necessary.

Please keep finger and toe nails neatly trimmed. Thai bodywork works with hands and feet.

Please avoid using perfumes or other strong cosmetic scents. What smells good to you may not to others and they may suffer from chemical allergies.

### **Who should or should NOT receive or perform bodywork:**

Massage is not an appropriate for everyone. Sometimes certain areas of the body must be avoided and others times it is contraindicated for someone to receive any bodywork (see guidelines below). If you are unsure about receiving or giving bodywork ask a facilitator.

If you are pregnant please inform the facilitators. This changes what type of bodywork and positioning you may safely receive.

Individuals experiencing circulation issues such as uncontrolled high blood pressure, a history of blood clots, stroke, or who are in active heart failure should NOT receive bodywork.

Avoid the local area of an open wound or lacerations, or fresh tattoos, burns or piercings. Wait until you are healed before receiving work in that area.

You have a communicable illness. This includes but is not limited to respiratory infections like the flu or cold, skin infections such as scabies, ringworm, chicken pox or shingles and head lice. You must be free of symptoms for at least 7 days before attending another lab.

If you are experiencing an active fungal infection or have warts please bring clean socks to wear while practicing. Inform one of the facilitators and also the person with whom you are working. We will provide gloves for you to avoid transmission to and from your hands.

### **Working with a partner:**

Both parties must agree to work together voluntarily. Any party may choose to end the exchange with their partner at any time. No reason is necessary.

It is your responsibility to inform your partner and the facilitators of conditions that you may have which can affect how and what type of bodywork you may receive or perform, if at all.

This space fosters safe, nurturing touch in the context of Thai bodywork. Sexualized touch and overt flirtation are NOT permitted at this event at any time. We are very serious about creating a safe and trusting community environment. If you feel that you or someone else is being subjected to this type of behavior please notify one of the facilitators immediately.

I agree to adhere to the above guidelines.

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Signature

Date