



IGNITE CIRCUS SOCIAL CIRCUS

Information for students - Fall 2020



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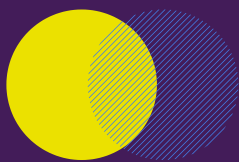
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Inside our Circus Space

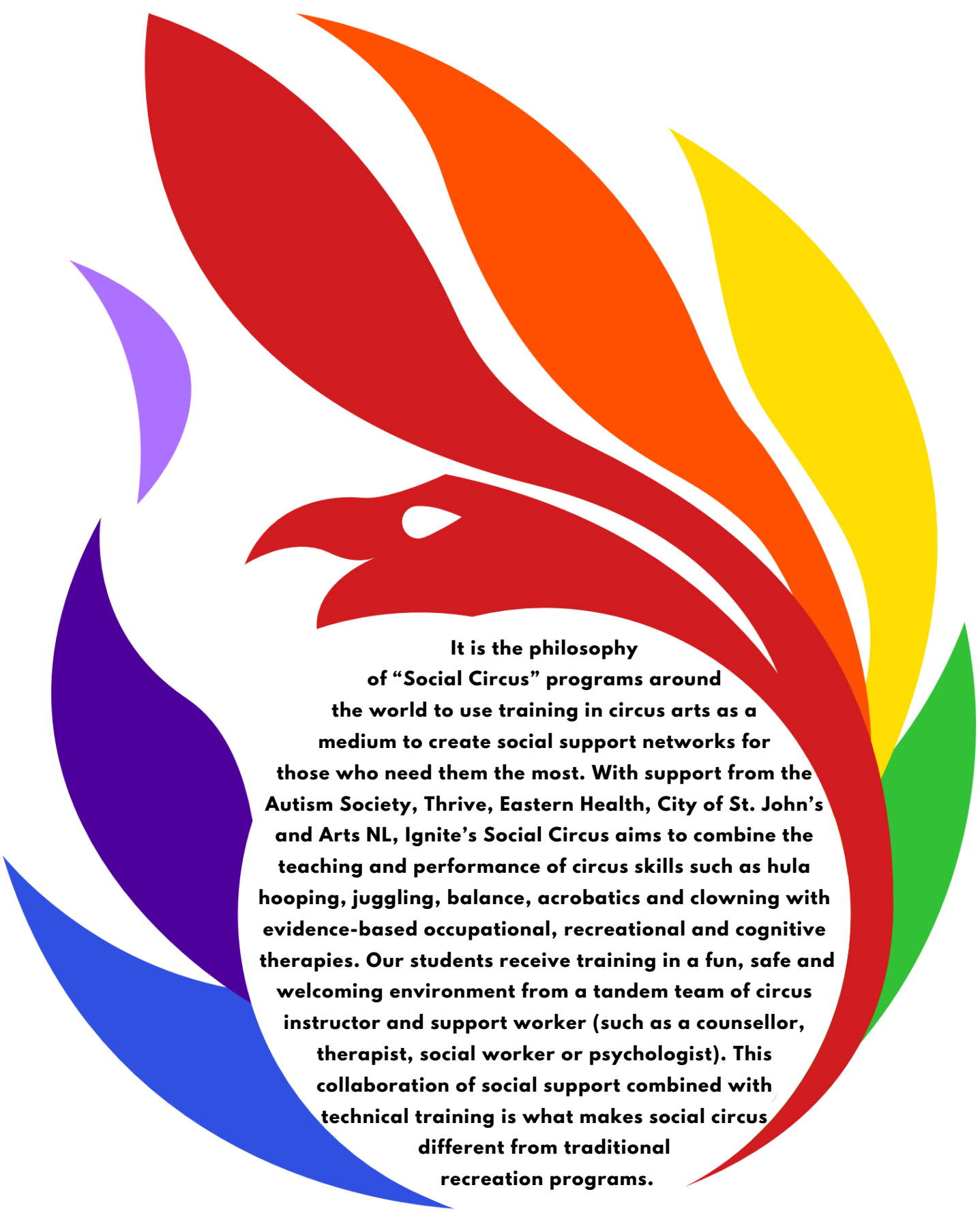
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WHAT IS SOCIAL CIRCUS?



It is the philosophy of “Social Circus” programs around the world to use training in circus arts as a medium to create social support networks for those who need them the most. With support from the Autism Society, Thrive, Eastern Health, City of St. John’s and Arts NL, Ignite’s Social Circus aims to combine the teaching and performance of circus skills such as hula hooping, juggling, balance, acrobatics and clowning with evidence-based occupational, recreational and cognitive therapies. Our students receive training in a fun, safe and welcoming environment from a tandem team of circus instructor and support worker (such as a counsellor, therapist, social worker or psychologist). This collaboration of social support combined with technical training is what makes social circus different from traditional recreation programs.



MEET YOUR INSTRUCTORS:

Danielle Knustgraichen

Danielle began her journey in the whimsical world of circus as a hula hooping, fire eating, street performer in 2014, and by 2017, Danielle took over as Artistic Director of Victoria Park Lantern Festival's Fire Show, and has been dedicated to curating that stage with anyone in the St. John's circus community who shares a desire to participate in collective creation. After graduating from Montreal's École Nationale de Cirque's Instructor Training in June 2017 and spending time with Halifax Circus' Circus Circle to further delve into the philosophy of Social Circus, Danielle founded Ignite Circus in the summer of 2018 with the intention of making circus accessible to the community through family-friendly entertainment and workshops. Through partnerships with community organizations such as Thrive, the Autism Society and Eastern Health, Ignite Circus uses circus as a tool for social intervention by creating an accessible, supportive, inclusive community of diverse individuals where that diversity can be celebrated, and the young and the young-at-heart can escape life's complexities through creative exploration.



MEET YOUR INSTRUCTORS

Jamie Ruby

Jaime's unique experience allows him to say he has blown balls of fire in Victoria Park, juggled with Ronald McDonald himself and had his clown suspenders snapped by multiple provincial premiers. In addition he has been the technical director of a major social circus festival in Northern Labrador, facilitated workshops for all ages and abilities from St. John's to St. Anthony and organized the logistics of bringing multiple international circus artists to a tour across rural Newfoundland and to the French overseas territory of St. Pierre.



WHAT WILL WE DO AT CIRCUS?

Through social circus classes participants will be exposed to the circus skills of object manipulation (which includes hula hoop, juggling, flower sticks, diabolo), equilibristics (balancing skills such as rola bola), acrobatics (with a partner, or solo tumbling), and aerial arts (with tissue hammock as the apparatus). Students will be encouraged to choose one "specialty" from the circus skills to practice with the intention of performing in a show with other student groups at the end of the semester.

HOW TO PREPARE FOR CLASS

- Drink lots of water! Bring a water bottle with you so you can stay hydrated before, during and after class.
- Try to eat healthy food before and after circus class. You can also bring a healthy snack with you to eat if get hungry while at circus
- Try to get lots of sleep so you have lots of energy to participate
- Wear comfortable clothes that you feel good moving in, and prepare to wear socks, indoor shoes, or bare feet while in class
- No experience in circus or physical literacy is necessary, we just ask that you bring a positive attitude and the willingness to try something new!

HEALTH AND SAFETY

For the safety of staff and students, please adhere to the following guidelines:

- Do not attend class if you have a fever, cough, headache, sore throat, painful swallowing, runny nose, diarrhea, loss of sense of smell or taste, unexplained loss of appetite, or new small spots on hands or feet.
- Practice proper cough and sneeze etiquette while sharing circus space. Please wash hands frequently and sanitize hands and before and after handling all equipment.
- Please wear a mask that covers your nose and mouth and follow physical distancing protocols while within the circus space

MY RESPONSIBILITIES AS A MEMBER OF IGNITE CIRCUS



I WILL **CREATE COMMUNITY**

- I will include everyone who walks in the door: all identities, all abilities
- I will share my perspectives; I am a valued participant in this community
- I will work to create a welcoming culture where all are visible, listened to, and seen
- I will strive to find opportunities to connect: learn someone's name, their pronoun, and something that brings them joy



I WILL BE MINDFUL OF MY **IMPACT OVER MY INTENT**

- If someone shares that they feel hurt or harmed by something I have said or done, I will listen authentically and be accountable to the impact (even if I didn't mean it)



I WILL **RESPECT LIMITS AND ENCOURAGE GROWTH**

- I will communicate my limits and accept challenges to grow; instructors will respect my limits and challenge me to expand my growing edges (areas where we might be uncomfortable or fearful and hold ourselves back but have the potential to grow)
- I will be open to learning; I will use curiosity when I feel challenged
- I will remember that learning is vulnerable and at times an uncomfortable and frustrating process; I will respect that learning looks different for everyone



I WILL **RESPECT CONSENT**

- I will ask before touching someone else and respect others' boundary preferences
- I will treat others how they want to be treated. If I'm not sure, I will ask.



I WILL **USE MY VOICE TO ELEVATE OTHERS**

- I will remember to appreciate: We will share appreciation for each other and encourage each other's growth
- I will remind myself and my peers that we all belong
- I will be mindful that learning requires receiving constructive feedback within a safe, affirming, and positive relationship
- I will affirm my strengths: I will find strengths in myself and others to affirm; I will stay away from disparaging, hurtful, or teasing comments about my body and others' bodies, learning process, or goals
- I will ask: It is OK to ask questions!



I WILL **ENSURE THAT CIRCUS IS A SAFE PLACE FOR ALL BODIES**

- I will prioritize self-care so I can function at my best during circus, and outside of circus
- I will orient to space, first aid, how to navigate mats, equipment safely, and will ask for assistance when necessary
- I will let someone know if I feel sick or have an injury
- I will work to understand my strengths, limitations, and be open to modifications
- I promise to treat all bodies safely, including my own
- I will listen to instructions
- I will welcome all body types and expression of movement; I will consider the difference between aesthetic and physical differences

OUR NEW LOCATION FOR FALL
2020 - SPRING 2021

687 Water Street

Inside the Dance
House



Located in the Marshall Building across from
Victoria Park & Pennecon. Entrance around back.

HOW TO GET HERE



If you don't have access to a vehicle, Metrobus has connections at both the the Avalon and Village Malls that will bring you right to us! For our 11 am ASNL class, route 2, 3 , 1 or 10 will get you to our space just in time. For our 12:30 class, routes 2,3 or 10 will arrive just in time.

If you do drive, parking is available around the back of the building. You'll see our door right in between the garage doors marks 2 & 3

For participants in our ASNL class, we ask that parents wait either in the relaxation space in the studio or at another location nearby for our participants to finish in case any need arises that may require you to return in a hurry. Tim Hortons is located nearby in the Orange Store, Victoria Park is also nearby.





WHEN YOU GET HERE

When you come inside the building, there will be two flights of stairs to your right. Climb up both flights of stairs, then go through the doorway on your right. Follow the signs!



When you arrive upstairs, there will be a long hallway.

There are two bathrooms on the right that you can use while you are at circus if you need to use the toilet, wash your hands, or fill up your water bottle.

The door to our circus space is the first door on the left.



You have arrived! The door to our circus space may be open when you get here. You will recognize your instructors, Danielle and Jamie because they will be wearing t-shirts with the Ignite Circus logo on them. Remember to wash your hands before entering the circus space, to make sure you have your mask, and to take off your outdoor shoes when you come in.



ONCE WE'RE INSIDE THE CIRCUS SPACE



FIRST

We will hang up our coats, take off our shoes and put away our snack and water.



THEN

We will take a hula hoop to a square on the floor and sit inside our hula hoop until our instructors tell us what to do next.



WELCOME TO CIRCUS SPACE!

While we are in Circus Space, we will use a hula hoop as our Personal Space-Ship to help us maintain a safe distance from one another as we travel through our space.

Just like an astronaut in outer space, we need to stay inside our Space-Ships and wear our masks in Circus Space to keep us safe. We should only take off our masks if we are inside our Space-Ship, or when we land on a Safe Space Station. Examples of Safe Space Stations are on the next page



In order to keep each other safe while at circus, we can take off our masks when come to a Safe Space Station where we can...



Juggle on Jupiter



Feel grounded on Planet Earth by practicing some Stretching or Acrobatics



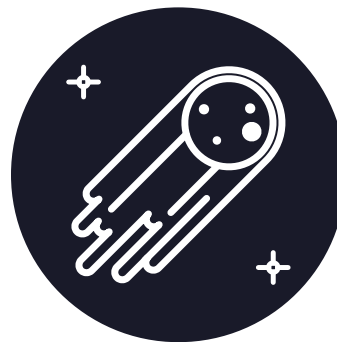
Rola-Bola Balance on Saturn's rings



Step into your very own Personal Space-Ship by stepping into a Hula Hoop



Hang Out with the Man on the Moon in the Aerial Hammock



Attack Germs with a Meteor Shower of Hand Sanitizer as you move between Planets and Stations



Mellow Out on Mars in our Decompression Space if things get overwhelming



If we are not inside our Personal Space-Ship, or at a Safe Space Station, we'll remember to put our Masks on to keep us safe within the Atmosphere of Circus Space



OUR DECOMPRESSION SPACE

Sometimes all the sights and sounds and excitement at circus can be a bit too much to handle, and that's ok! That's why we have a decompression space within our circus space!

The decompression space is designed for one participant and one support person or parent to be able to relax in quietly until the participant is ready to rejoin the group activities.

Because we are all here to learn new and exciting things, participants are encouraged to bring a highly preferred item or fidget to circus class in order to help us all focus and engage in group activities together.

The lights in our circus space buzz. If you anticipate this to be a distraction, we encourage you to bring noise cancelling headphones as we have a very limited supply on hand due to increased sanitization guidelines.





CIRCUS DAY CHECKLIST

☐

I have my water bottle with me and it's filled with fresh drinking water

☐

I'm wearing comfortable clothes that I feel I can move in

☐

I've packed my bag with all the things I need, such as any circus gear I need to practice with, comfy clothes if I'm not already wearing them, my indoor shoes, a snack if I think I may get hungry, my preferred items and fidgets

☐

I am not feeling any cold or flu symptoms such as:

- fever
- cough
- headache
- sore throat
- painful swallowing
- runny nose
- diarrhea
- loss of sense of smell or taste
- unexplained loss of appetite,
- or new small spots on hands or feet

☐

I have not travelled outside the Atlantic Bubble in the past 14 days

☐

I have not been in close contact with anyone who is known to have Covid-19





CONTACT

EMAIL | hello@ignitecircus.ca

PHONE | (709) 693-4132

SOCIAL | @IgniteCircusNL

IGNITE CIRCUS IS GRATEFUL TO OPERATE WITH SUPPORT FROM



ST. JOHN'S



Autism Society
Newfoundland & Labrador



