

# SPREAD THE FLOW

## CODE OF CONDUCT

*This space was built with intention. We created it because we believe movement, expression, and community can change people. To keep it alive and worth showing up to, everyone who enters this space agrees to the following.*

### **SHOW UP PRESENT.**

*Be aware. Be in control. Own your body and your behavior.*

### **RESPECT THE SPACE.**

*Every venue that hosts us has placed their trust in us. Honor that trust.*

### **RESPECT EVERY PERSON HERE.**

*No harassment. No aggression. No exceptions.*

### **RESPECT THE PROPS.**

*Tools, not toys. Ask before you touch.*

### **RESPECT THE FIRE.**

*Full attention. Trained handling. Stand clear unless you're spinning.*

### **BEGINNERS ARE WELCOME. LEAVE YOUR EGO AT THE DOOR.**

*Every expert started somewhere. Lift people up.*

### **COMMUNICATE WITH CONSENT.**

*Ask before adjusting, filming, or touching. Respect boundaries.*

### **IF YOU SEE SOMETHING, SAY SOMETHING.**

*Find an STF instructor first. We're always on the floor.*

### **OWN YOUR ACTIONS.**

*Take responsibility. Make it right. Move forward.*

### **PROTECT WHAT WE'RE BUILDING.**

*Your conduct strengthens or weakens this community. Choose wisely.*

*We reserve the right to remove anyone from an event whose behavior threatens the safety, comfort, or integrity of this space — without debate and without refund. This is not a punishment. It is a promise we make to everyone who shows up with good intentions.*

**WELCOME TO THE FLOW. PLEASE TAKE CARE OF IT.**

**FIND THE FLOW... FEED YOUR FLAME.**

**SPREAD THE FLOW**

[spreadtheflow.com](http://spreadtheflow.com)