

# Communicating About The Performance

We can help our audiences by letting them know what to expect.

## Content notes

Content notes, also known as 'trigger warnings' or 'content information', are notes or signs to alert your audience to themes within the work. They can be used to notify your audience of issues that may potentially cause distress so they can avoid it if they choose to.

## Relaxed Performances

Some venues may want to present the work indoors as relaxed performances. What does this mean?

- House lights remain raised slightly during the performances
- Welcome the audience into the space pre-show
- People can leave and re-enter the space freely
- Exit doors are open and house lights lit to help people entering and exiting
- There is a relaxed approach towards audience behaviours – sounds, participation, movement during the show
- Sound levels are kept within a reasonable range
- Signage alerts audiences to any sudden noises or surprising actions
- There is an opportunity to stay in the space for a while after the show until people have decompressed and are ready to leave.

## Online and physical signage should include

- Explanation of a relaxed performance
- Expectations in the space for anyone visiting for the first time
- Visual or aural triggers in the show
- Availability of wheelchair accessible spaces
- Signage to the quiet space if you have one.

## References

Circus Trainers Toolkit - <https://tinyurl.com/yc7mrkx2>

Accessible Marketing - <https://tinyurl.com/3maj42n6>

Inclusive Communication - <https://tinyurl.com/bdhy2w7w>

Scope Social Model of Disability - <https://tinyurl.com/2aw5p28r>

