

# *Contest*

## Relaxed Performance Guide

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VENUE: Main Hall, Northcote Town Hall Arts Centre  
189 High St, Northcote VIC 3070

DATE: Saturday 4th August, 2PM

RUNTIME: 75 Minutes, No Interval

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## **Relaxed Performance Guide**

### **What is a relaxed Performance?**

Relaxed performance practice comes from acknowledging a work of art is asking its audience to make an emotional commitment, and that that commitment is going to require different things from different audience members.

For some audiences, that isn't so simple. Loud noises, bright lights, unclear rules and protocols, and not being confident in going to the theatre can all be detractors to engaging.

A 'relaxed' performance works to meet that audience halfway, giving reasonable permission for people to be comfortable as themselves, and relaxing the rules of theatre to allow this.

### **What does this mean for you?**

Practically, the performance on the night will have its tech augmented to make the theatre space more relaxed for those who have sensory requirements and comfort behaviors, including stimming, pacing, rocking, humming, and other noise making

The lighting and sounds will be altered to become softer, while still evoking the same emotional response from an audience.

The house lights will remain on through the show, so there is never any moment of complete darkness.

The door to the front of house area will remain open, so that people may come and go at any time.

Should an audience member need to leave to de-stress, a space connected to the performance area has been designated the relaxed room. Darebin or A\_tistic staff will be on hand to take you there and monitor the room.

## **Getting there**

The show will take place in the Main Hall at Northcote Town Hall Arts Centre, at 189 High St, Northcote VIC 3070

## **Driving**

There is limited parking here, easiest parking is on Westbourne Grove, James and Basting St.

## **PTV**

There are several ways to get here via public transport, the 86 tram with stop number 31, Northcote Town Hall

The tram route 11 West Preston - Victoria Harbour Docklands Stop number 27 Westbourne Grove St Georges Road

There's also the buses 250 and 251 which drop people off at the bottom of the hill and you can walk up.

There's also the Northcote Railway Station and the Merri Railway Station, both are on the South Morang line.

If you are travelling from Flinders Street Station, you can use this [LINK](#) to get an exact PTV route

## Venue Images

When you arrive, approach the left side of the building from the Tram Stop



Head up the ramp/stairs to the glass doors



Head in through the glass doors



This is the main hall, you can find  
bathrooms here



This is another area to chill. If you  
look to the door on the left hand  
side...



Next to the glass container...



This is the designated relaxed space. If you need a space that is quieter, at any point of time you are here, including during the show, You can retreat to here to relaxed. There will be an usher on hand to make sure everything is ok!



There will be comfortable chairs in this room on the day



If you leave this room and head to the right, you will come to a hallway with a staircase on the left





Further down the hallway, before the glass doors, on the left...



You will find the Box Office and Bar!



Back at the staircase, if you head along to the left towards the door





The door on the floor you are on to the left hand side of the stairs...



Will lead you into the theatre

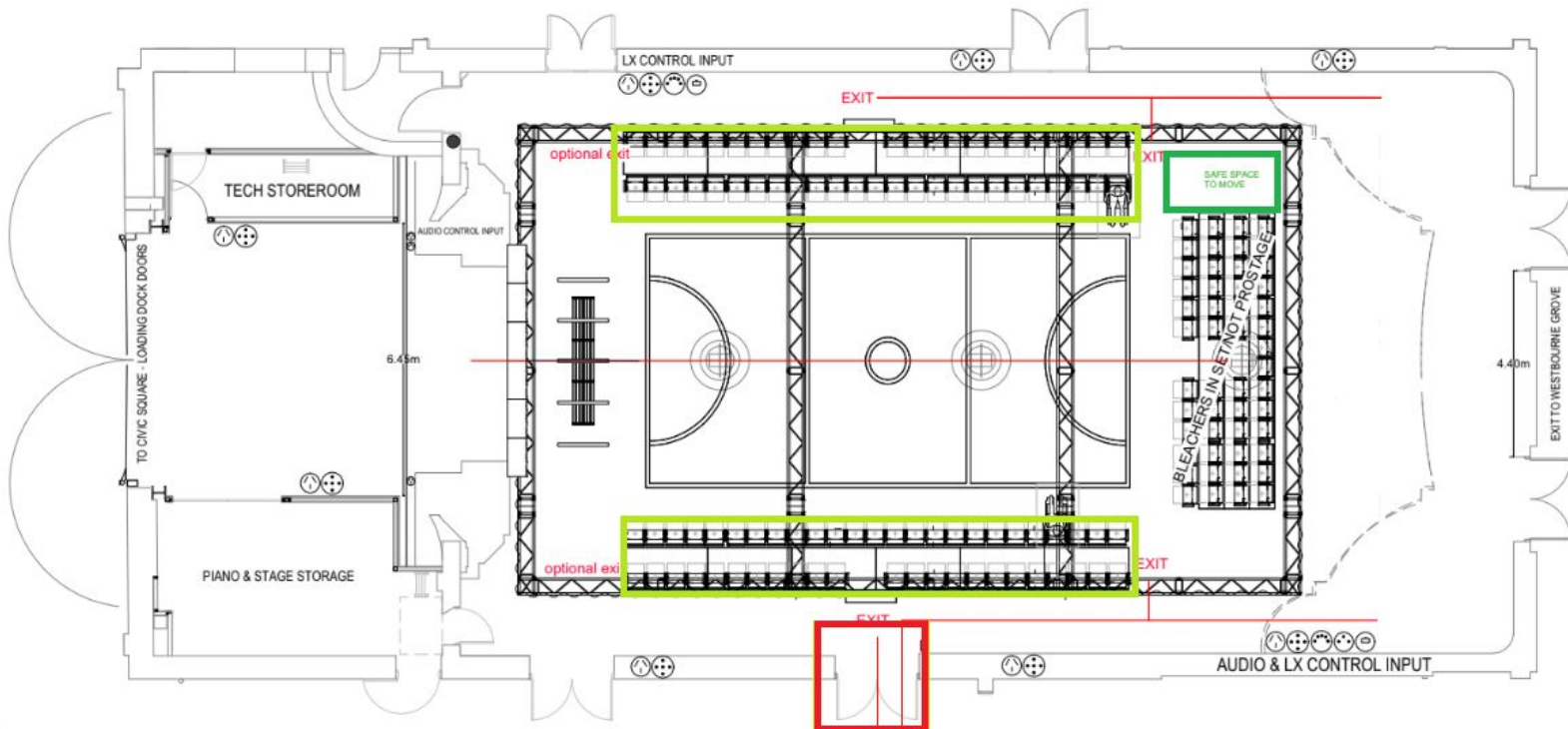


This is where the show will happen. There will be a set there when you get there, I promise.



## Stage Images

Here is the current stage plan for Contest



The Red square is the entrance that we showed you in the previous section

The Light Green squares are the seating areas

The Dark Green square indicates an area safe to walk in

The Red Lines indicate space that is behind curtains that is free to walk through, and will be lit to allow this to be done safely

If this image is not clear for you, send us an email and we will send you a larger version of the same image

## **Performers**

Below are images of the actors involved in the performance, with who they are playing, or in this instance, what netball position they are playing



Kate Hood - plays Goal Defence (GD)



Natasha Herbert - plays Goal Attack (GA)



Alice Ansara - plays Centre (C)



Sonya Soares - plays Goal Shooter  
(GS)



Emily Tomlins - plays Wing Attack (WA) - and is the only character with a name, which is CASS

## **Content Warnings**

Below is an itemised list of the content warnings for the show. If you wish to avoid everything that could be spoiler related, we suggest you do not read this section. Otherwise, please look through to see what content is being presented.

<b><i>Content</i></b>	<b><i>In the performance? (✓ + details where appropriate)</i></b>
Swearing	Yes - F word, C word, Shit, Bitch
Abuse (physical, mental, emotional, verbal, sexual)	References to domestic violence but we don't see any
Self-injurious behavior (self-harm, eating disorders, etc.)	References to eating disorder
Talk of drug use (legal, illegal or psychiatric)	References to drinking to have fun and also drinking to avoid difficult emotions
Suicide	One character says they have contemplated suicide
Descriptions/pictures of medical procedures (even if they don't contain blood or gore)	References to injuries and childbirth
Descriptions/pictures of violence or warfare (including instruments of violence, such as knives or guns)	Description of a violent dream involving attacking a person with knives and description of dead bodies.



	Also at times the actors may look like they are in a battle, dead on a battlefield (even though they are literally playing netball)
Corpses, skulls or skeletons	Description of a dead body
Discussions of -isms, shaming, or hatred of any kind (racism, classism, hatred of cultures/ethnicities that differ from your own, sexism, hatred of sexualities or genders that differ from your own, anti-multiple, non-vanilla shaming, sex positive shaming, fat shaming/body image shaming, neuroatypical shaming)	Shaming about chronic illness. Cruel descriptions of women, types of women. Mild body image shaming. Content around an acquired disability.
Slurs used (this includes words like “stupid” or “dumb”, which are still widely considered to be socially acceptable)	Use of words: ‘bitch’, ‘stupid’
Dismissal of lived oppressions, marginalization, illness or differences	One character has a chronic illness and the others are dismissive of it. One character dismissive of depression and anxiety.
Discussions of sex (even consensual)	Yes, lots

Death or dying	Yes
Spiders, Insects, Snakes, Scorpions, other potentially alarming animals	No
Vomit/Defecation	Descriptions and potentially depictions of vomiting
Pregnancy/childbirth	Yes
Blood	Yes
Serious injury	Yes - list of injuries is part of one section
Depictions of Violence, realistic or comic	Yes - symbolic - images of women falling, being hit and wounded
Mental illness	Yes - references to depression and anxiety

### **Contact Us**

Did this pack give you everything you need? Anything that hasn't been explained clearly enough? Have we met everything you need us to meet? Want to give feedback? You can contact A\_tistic at:

[atistictheatre@gmail.com](mailto:atistictheatre@gmail.com)

Looking forward to seeing you there!

- Emilie and Tom