

**Role Title: Sitter**

**Team: Sanctuary**

### **Team Description**

Transformational festivals such as Burning Seed often involve radically new experiences, the dissolution of common boundaries, and other challenging stimuli.

Sanctuary exists to provide participants a safe, welcoming space where they can access support if they are feeling overwhelmed, partied out, anxious or are having a difficult experience. We also provide information about safer safer drug use. Sanctuary also provides a quiet, low stimuli, space where patrons can be helped through more difficult experience.

The Sanctuary has underpinnings in harm reduction and is a non-judgemental space.

The Sanctuary team works in conjunction with Red Earth Rangers, PEER Rangers, Medical, and Security Teams to provide assistance to participants that need a calm, safe place.

### **Position Description**

Sitters 'hold space' for our guests, accompanying them on their figurative journeys, and helping them to turn a difficult situation resulting from a moment of confusion into manageable experience. The causes of guest difficulties is not limited to intoxication, physical or emotional stress

Sitters provide guests with accurate, credible harm minimisation information through face-to-face presence and provision of resources in our chill out space.

The key qualities we look for in a Sitter are empathy, compassionate listening, calmness under pressure, and an ability to let their own personality take a back seat when engaging others.

Crewing with Sanctuary does not require any pre-existing vocational skills - simply an ability to satisfactorily complete training and an ongoing desire to learn. If oversubscribed, preference will be given to those with experience in harm reduction practices and altered states. This includes but is not limited to drug harm reduction work at festivals or professionally (including with organisations like DanceWize), ranger duty at Burning Man events, and many types of health or care work.

Sitters are likely to work closely with allied Burning Seed teams such as Red Earth Rangers, P.E.E.R Rangers, and our Medical team.

Sanctuary welcomes applications from all participants willing to gift their time in this way.

### **Working relationships:**

- Sanctuary TL, 2iC, Project Officers, Sitters
- PEER Lead/2iC
- Crew Wranglers
- Medical & Security staff

### **Time Commitment/Dates required:**

- *Pre-event Year Round:*

- Training event(s): half to 1 day each, July - September
- Adhoc Sanctuary team meetings (optional); maybe 1 or 2 per year
- **On Site:**
  - Two or more sitter shifts
  - Training, if pre-event training was not attended
- **Post-event:**
  - Assist with a 'decompression' event

### **Duties/Responsibilities**

- Operating the space

### **Necessary Qualities, Knowledge and Experience:**

- Compassion
- Patience

### **Desirable Qualities, Knowledge and Experience:**

- Harm reduction experience at festivals
- 'Space Holding' experience
- 'Trip Sitting' experience

**Version and revision date: v2 (13 March 2018)**