

Training for the Not-Yet: Protocols in the Making

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Access Rider Exercise

Start writing an access rider:

This is a document in which you try to articulate precisely what it would take for you to come to fruition, within a collaboration or interaction.

When you engage with someone online or offline, you can allow yourself space to read your access rider to them and ask them to write their own.

Possibly they need time to really think about it. So starting every meeting with the access rider could be part of how that specific relationship is actively shaped. The access rider is intended as a protocol of which some parts are non-negotiable and other parts that are intended as malleable, which can be altered as new insights or needs occur.

If you have thoughts on this already and feel comfortable sharing you can do so in the chat. There's no pressure to produce text today, take all the time you need. And edit as desired, as knowledge on what conditions and boundaries work for you expands.

Some questions that might prompt your thinking:

What kind of relationship are we setting up?

What conditions need to be in place for you to be able to gain access?

What boundaries do you need to be collectively guarded to participate?

Examples from an Access Rider I use in a collaboration:

- Check-ins are appreciated, please take my word for it when I say I am okay.
- The linear planning of time should always be questioned, while also taking into account that, although realistically planned, most deadlines will be subject to rescheduling.
- Let us try to recognize the temporality of energy, ability, and mobility, as well as the fluidity of energy in relation to the availability of knowledge.
- I'm practicing to not explain myself when asking for something I need to participate in.
- When asked questions concerning my disability, I want to practice my choice to not answer these if I don't feel as if the individual is coming from a place of (disability) cultural competent communication.

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Sandra Lange is a performance designer and researcher situated in the Netherlands, whose primary interest is in designing spaces, exchanges, and trainings that are rooted in socio-political engagement, act as a shared activity of felt thinking and resist the oppression of the norm. As an advocate for radical slowness, Lange is interested in the fluidity of a body's ability and mobility in relation to the social locations of the disabled and chronically ill. A current research project concerns itself with unpacking the embodied knowledge of women who are disabled by chronic illness as they interact with agents of the Disability Determination Service in the Netherlands.