**Get Off** – Pre show Information

This information is to help you decide if **Get Off** is for you. Content notes, including what happens in the show, are further in the document.

The Space

- This performance takes place in the Council Chamber.

- The audiences are seated on a rake that takes up most of the room.

- The performance takes place in front of the rake, with a large white floor and white projection screen.

The Performers

* Katy Baird



Lighting and Sound

* There is different lighting throughout. There are moments of complete darkness, and use of video projection.
* There is loud music used at different times in the show.
* There is strobe lighting.
* There is a smoke machine used.
* Performer will talk over the music, and sometimes shouts.

Participation

* The performer will walk into the audience section at one point in the show. The performer will hold an audience members hand.
* The performer will speak directly to the audience.
* You do not have to participate if you don’t want to.

Content Notes

* The show is hosted by one performer with large uses of video and audio. The performer will speak to the audience, perform dance and movement, and have costume changes.
* The show is about distraction, excess, consumption, power dynamics and class.
* This performance contains natural bodily functions
* The performance features a human naked body in the second half
* The performance includes imagery of perceived drug use

Access Information

* The show is 60 minutes long.
* All performances are Relaxed. This means you can move or make noise if you need to and can go in and out of the performance space
* Latecomers will be permitted
* Ear defenders are available to borrow from the box office for anyone who might find these useful
* There is an accessible toilet on every floor of the building
* There is a chill out space outside the performance space that is available anytime the building is open

If you would like to know more about the performance, please contact [access@bac.org.uk](mailto:access@bac.org.uk)