

Basic Blockading Workshop

2 hours

<i>Time</i>	<i>What</i>	<i>Materials</i>
	Arrival	
10 min	Introduction - who we are - go-round: names, why here/expectations - agenda: introduce and check that it matches expectations - mention handouts and money - group agreement: propose and ask for additions and agreement. Include parking lot and handsignals as tools	Agenda Handouts Proposed Group Agreement Parking Lot
2 min	Setting the scene Quick intro to the workshop: <ul style="list-style-type: none"> ● why you might want to blockade ● a couple of examples where it has been used ● that this workshop will cover techniques using just your body and techniques with simple tools ● Warning: quite a physical workshop, so beware of personal limitation and sit out if you want to. 	
5min	Go-round - motivation and worries (don't do if there are more than 10 people) Ask people to say one motivation and one worry – keep it short	Empty flipchart paper
5min	Preparing: <ul style="list-style-type: none"> ● a plan, materials, people, practice. Think about what you are going to do how with whom and when. Transport ● Legal support / briefings / bust cards ● Action ground rules ● Talking to friends, family, employers in advance ● Debriefing 	
15min	Affinity groups <u>Explain affinity groups</u> Autonomous, self-sufficient groups of people that have an affinity with each other and stick together throughout the action, working as a team. Members prepare together for the action and agree how they will react in certain circumstances. Very useful, supportive structure – on small actions as well as large ones, for demos and direct action. <u>Roles - Group discussion (2 groups of ten)</u> Ask people to think about different roles and tasks people could take on in an affinity group for different actions. A) Demonstration B) Blockade of climate criminal Compare – draw out common roles in AG Point out that on large actions different affinity groups can take on different roles. Ask people to say what roles they may be up for doing.	

Time	What	Materials
8min	<p>Fashion Tips and practicalities</p> <p>➤ Ask groups to think about safety and support (including clothing etc) Make sure the following are brought out where appropriate. If not summarise at the end:</p> <ul style="list-style-type: none"> • Appropriate clothing & wearing several layers, scarf and sensible shoes (also will lose belt in police office so don't wear trousers that rely on it!) • Removing jewellery, tying up hair & cutting nails • Take no knives/ weapons / drugs/ diaries/ mobilephones with lots of phones nos • Do take pen and paper, money, food drink, book, spare socks, midge repellent, • Solicitors no and legal support no • Using backpack to protect neck, spine & kidneys • Food and drink • Banner or tarp for peeing on site 	
5min	<p>Grounding and Awareness</p> <p>Being centred and aware is vital to staying safe. Some simple exercises... Try out shallow and deep breathing. How does each feel? Ask people to root themselves, feet flat on the ground, body relaxed. Peripheral vision. Get people to walk around swiftly for a bit, without bumping into each other and staying aware.</p>	

Time	What	Materials
25min	<p>Passive Resistance & Fashion Tips</p> <ul style="list-style-type: none"> ➤ Facilitators DEMONSTRATE passive resistance sitting down or lying - showing the difference between tense & relaxed then participants PRACTICE in 3s or 5s as appropriate – <i>ask groups to think about safety & support (including clothing etc)</i> ➤ Emphasise: <ul style="list-style-type: none"> Body awareness (ask them to stand for one minute and relax and think about their breathing and any localised pains they may have?) Groundedness and the importance of The difference between <i>passive resistance</i> (going limp so you have to be carried away, can be seen as “resisting arrest”) and <i>active resistance</i> (struggling, wiggling while arrested, could be seen as “assaulting an officer”) It’s your choice so you can get up and walk at any time Keeping your head off the ground, tensing your neck if needs be ➤ Ask for comments and experience from the group <p>Simple Blockading Techniques</p> <p>With volunteers DEMONSTRATE:</p> <ul style="list-style-type: none"> ➤ Sitting in a line arms linked – VOLUNTEERS <ul style="list-style-type: none"> • Ask how it feels? What are the strengths and weaknesses? • When/where would we use this technique? ➤ Sitting in a circle (face in) arms & legs linked – VOLUNTEERS <ul style="list-style-type: none"> • Ask how it feels? What are the strengths and weaknesses? • Mention communication, being aware of letting someone go when they’re in pain and watching each others backs • Talk about other techniques such as using banners etc to prolong sit down blockades • When/where would we use this technique? ➤ Bring out any more fashion tips & support issues as appropriate, if time then practice lying down and linking arms etc. ➤ Facilitators talk about arm tubes and their uses (mention the need for support people, esp. for people with both arms in tubes! Length of the tubes, need to practice quick entry into tubes, making sure and tape/chain round wrist is comfortable 	
35min	<p>Action Roleplay</p> <p>Simple roleplay scenari (ideally outside), such as blokading a gateway/sit down protest.</p> <p>Brief protestors that they have 5 min to prepare to blockade a gateway, that facilitators and volunteers are roleplaying the police, that once arrested and put in a van they are out of the game, that police will act as realsitically as possible (inlcuding using reasonable force)</p> <p>Debrief:</p> <p>Get people out of role: deep breath, shake</p> <p>Ask: how did that feel?</p> <p>Go-round with one thing that went well with the action, one thing that could have been done better (not making it personal), followed by general discussion if time</p> <p>Do again if time left</p>	
10min	<p>Evaluation and closing</p> <p>Good/Better go-round. Questionnaires.</p> <p>Mention handouts and ask for donations.</p> <p>Thanks and good luck!</p>	<p>Good/Better flipchart</p> <p>Questionnaires</p> <p>Handouts</p>