

VERY IMPORTANT: Both the bottom and rigger have equal responsibility to have a full, thorough and honest pre-rope negotiation to reduce the risk of accidental breaches of trust, consent or accidental injury. Both parties are responsible for asking questions of the other person and honestly declaring relevant information to each other. If you have questions, please ask.

Disclosure of any relevant medical conditions

Do you have any medical conditions but particularly those that may cause fainting or seizures? _____
Do you have impaired circulation, muscular-skeletal injuries or conditions, sprains, breaks, flexibility limitations etc? _____
Are there any former surgeries that are now a weakened area, hernias, metal plates or pins, any implants or devices (including breast implants), piercings or joint replacements? _____
Do you have any contraceptive implants? If so, where are they located? _____
Are you pregnant, recently pregnant or have any issues with your menstrual cycle? _____
Any allergies? (Grass, natural fiber rope etc) _____
Have you had problems with nerve damage or sustained a rope related injury previously? _____

Intake of medication, alcohol or drugs

Are you taking any medication that may affect the play, such as blood thinners (which can increase marking/bruising), painkillers (which may mask bad pain) or beta-blockers (which may cause fainting)? _____
What is your current consumption of alcohol or drugs that may impair their ability to deal with the play in any way? _____
Have you taken all of your prescribed medication that could effect this scene? _____

Personal boundaries and physical limits

Are there any emotional triggers or mental land mines? _____
Are there any issues with certain positions, flexibility issues or anything else that restricts where the rope can freely go? _____
Are there any tender spots? _____
What areas are OK for me to touch? _____
What areas do you NOT want to be touched? _____
Where would you like to touch me? _____
Rope play can leave all kinds of marks, ranging from simple pressure rope lines to bruises, welts and petechial hemorrhaging. Are you OK with marks? If so, what areas? _____

Style of play

What is your experience level with rope? _____
What type of scene would you like?
Basic (Just want to be tied up)
Sensual (Slow and gentle tying)
Rough (Tight and forceful tying)
Sadistic (Tight and forceful ties with extra pain inflicted via ropes and other implements)
Suspension I.E. Entire body weight supported by rope. (This requires special negotiation in addition to this sheet.)

Safe words, consent and in-play communication methods.
Is there anything other than the standard "Red, Yellow, Green" safe word system you would like to use? _____

Clothing

Wear what you are comfortable in, nothing more and nothing less. Be as dressed or naked as is appropriate for the situation and for yourself

Potential dangers of a rope scene.

Possible dangers of a rope scene include bruising, abrasions, nerve damage, loss of circulation, allergic reactions and more. PLEASE check in with me if you feel anything start to tingle or go numb. This could be a sign of circulation or a nerve issue. Untying takes a few minutes. Please keep this in mind if things start to get uncomfortable. If you are starting to feel the need to come out, please give me a 5 minute warning so I can start to untie you BEFORE the rope becomes unbearable. DO NOT BE AFRAID TO SPEAK UP if something doesn't feel right physically or mentally.