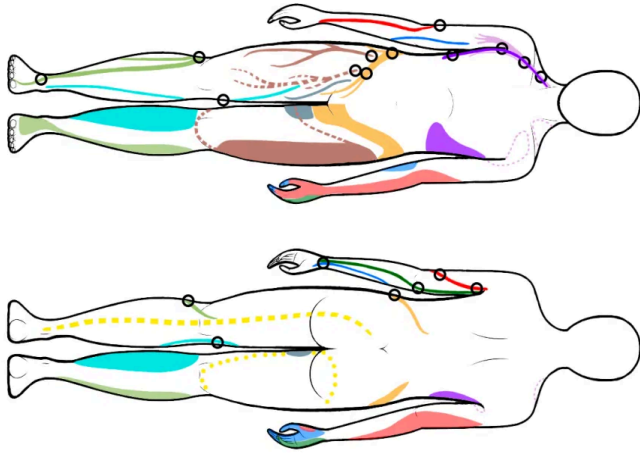


# No Rope Zone and Injury Map

NOTE: colored zones are where nerves can cause compression damage.  
Mark to indicate current or serious past injuries that the rigger should be aware of.



O = Exposed major nerves that are dangerous and need to be avoided.

**Triggers:** Do you have any triggers? **YES/NO**

What I may have to do if I accidentally hit a trigger:

- ☐ Give me space.
- ☐ Reassure me.
- ☐ Bring my mind to the present.
- ☐ I don't know what works.
- ☐ Other:



## MEDIA POLICY

1. Will photos or videos be permitted?

- a. Which Device? \_\_\_\_\_
- b. Face shots? YES / NO
- c. Explicit shots? YES / NO
- d. Can they be shared? YES / NO
- e. If YES to sharing: where, how and will the media be appropriately credited? \_\_\_\_\_

911 or Emergency Contact:

Name: \_\_\_\_\_ # \_\_\_\_\_

(Page 1: Fold in half so that sensitive information is protected)

Interviewer:

Interviewee:

DATE:

## Shibari Why/How to Negotiate

*Seek first to understand and then be understood. Ask questions and genuinely listen to answers to understand their authentic motivations and boundaries.*

You cannot consent if you do not understand or know about it.

**\* NO MID-SCENE negotiations.**

**\* You cannot consent in an altered state, drunk or high.**

### LEVELS OF CONSENT



Can do without asking.

YES: Can do, we talked.

maybe: let's talk more.

NO: NO! Hard Limit

Feel free to add additional levels of intensity. i.e., Low, gentle, hard.

**If not a HELL YEAH before starting then the rigger shouldn't do it!**

(You can ask to STOP, ADJUST or even REVOKE at any point)

### Scene Safety:

- ☐ Shears or Cutter (Not a Knife), Check to make sure rigger has it accessible
- ☐ First Aid Kit (At dojo by the bar)
- ☐ Spotter: If this is your 1st time tying with this person, get a spotter
- ☐ JEWELRY: Please remove jewelry (place in a secure location) so nothing can get caught on the ropes.
- ☐ Insulin pump or other medical device to be aware of? \_\_\_\_\_
- ☐ **NOTE:** Do not tie under the influence. **Rope is a risky activity.**

### Safe Words (During Scene)

- **GREEN:** Everything is fine, and I am in a good place.
- **YELLOW:** I am in pain/uncomfortable and need to adjust or have a conversation. DO NOT continue until we resolve this issue.
- **RED: STOP!!!** I need OUT of the scene. I may need help or attention. **DO NOT CONTINUE!**

## Existing Medical Conditions (Physical/Mental)

Past injuries or current limitations such as impacting or BDSM play.

I have the following medical conditions/symptoms:

- |                                   |  |                                    |
|-----------------------------------|--|------------------------------------|
| <input type="checkbox"/> Seizures | <input type="checkbox"/> Low Blood Sugar | <input type="checkbox"/> STD's     |
| <input type="checkbox"/> Heart    | <input type="checkbox"/> Medically       | <input type="checkbox"/> Breathing |
| Conditions                        | Implanted Devices                        | Issues                             |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Chronic Pain    | <input type="checkbox"/> Other:    |
| <input type="checkbox"/> Implants | <input type="checkbox"/> Inflammation    |                                    |

Medications I take: \_\_\_\_\_

## Shibari Things I Want

There are no right or wrong things to explore. This is about what you want, however you do not always get what you want.

Answer honestly. This is the beginning of the conversation.

**NOTE:** It is ok to be cautious with new partners. Circle and make notes of the things you want. Cross out anything you DO NOT want/hard limit.

## Shibari

Single Column	Double Column	Arm Binder	Leg Binder
Chest Harness	Hair Tie	Face Tie	Decorative Tie
Arms Front	Arms Back	Challenge Tie	Connective Tie
Touching	Dominating Tie	Modular Rope	Sensual Tie
Gag	Blindfold	Playful Tie	Pressure Points
Torture Tie	Body Harness	Hip Harness	Lease Tie
Restrictive Tie	Humiliating Tie	Open/Exposed	Learning Tie
Experimental	Role Playing	Resistance Play	Sub-Space
Groping/Dom	CNC	Fully Clothed	Underwear
Nude Tie	NOTES: _____		
Box Tie-TK			

**I want to be a:**

TOP	BOTTOM	SWITCH
-----	--------	--------

**I want a:**

TOP	BOTTOM	SWITCH
-----	--------	--------

## Impact Play

Stingy	Heavy	Flogging
Thudding	Light6	Canes
Whips	Paddles	Spanking

## Sensation Play

Tickling	Scratching	Hair Pulling
Biting	Nipples	Pressure Points
Playing with hair	Sensory Deprivation	Electricity
Licking	Mind Fucks	Cages

Orgasmic  
NOTES: \_\_\_\_\_

## I want to feel

Serious	Dominant	Playful
Submissive	Platonic	Masochistic
Sadistic	Erotic	Energetic
Peaceful	Beautiful	Overwhelmed
Degraded	Cathartic	Exhibitionistic
Zoned Out	NOTES: _____	

## Marks

None	For Today	For The Week
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## After Care

0-5 mins	5-15 mins	15-60 mins	Cuddling
Conversation	Socialize	Next Day	Let me be
		Follow-up	

Water      Snack: \_\_\_\_\_

## After Care

Based on intensity of scene this may be for both top and bottom

Next day? \_\_\_\_\_

After ride home? \_\_\_\_\_

## Hard Limits

Black tape: You can use black tape on any part of your body you DO NOT consent to people touching.

\_\_\_\_\_  
\_\_\_\_\_