

Safety Manual

2000

Volume 1, Issue 2

Please see Volume II
for the following
topics:

?Piss Play
?Seat Play
?Enigma's
??Ultra-violet
Wand Fire
Play
??Sounds &
Catheters
??Hot and Cold
Branding
?Age Play
?Electricity
?Genitorture
?Mummification
?Suspension
??Bio-Chemical
Play
?Knife Play

If you'd like to see a
topic that isn't covered
in this manual, please
contact me at
Notilla@aol.com.
I would also love to
hear your comments,
and suggestions.

Safety is Everything

BDSM is extremely diverse and may take many forms. It is important to respect each other's kink. Not everyone will gain pleasure from the same activity. I feel it is of value to learn about kinks that may not be of interest to you. It may help you be tolerant of other's kinks and it's possible that what you learn may not be a kink for you now but could become a kink for you later. Knowledge and information

Diversity is powerful and
basic to SM. No two
people play the same....

are valuable for your own
clarity on what SM is and
isn't.

In this manual you may read about activities which have no interest for you whatsoever. Knowledge in all areas, even within activities you would not seek to personally engage in, is recommended. It will allow you, perhaps on a future occasion to better



interpret what you may see at a public gathering or hear someone discussing. It is my hope that the following pages will provide you with a basic knowledge of several areas.

In this short space, it would be impossible to be in depth concerning all areas of BDSM. Please only use this as a basic guideline.

SSC is an acronym that stands for Safe, Sane and Consensual. This has become a credo for the American SM community at large. It was originally used by GMSMA (NY based gay male group) in

1981 (approximately). It means that all participants are committed to:

- ?? Safety: taking all precautions and educating oneself in order to play as safely as possible;
- ?? Sane: Being in an unimpaired state to make "sane" decisions which will not recklessly endanger each other;
- ?? Consensuality: Each party agrees and freely chooses to engage in agreed activities.

With SSC used as foundation, SM may be a powerful tool to gain intimacy, understanding, intense physical and emotional states shared by two or more individuals. SM, from an educated stance, does not resemble the out of control, violent scenes at times imagined by the general public or portrayed by the media.

It is a loving intimate sexual expression chosen by sane adults.

Disclaimer: Please be advised, this manual is meant to propose and provide possible options for making your play safer. It is not a "how to" manual, nor should any of the options be construed as instructional absolutes. The author shall not be held responsible for any action taken or idea used by anyone who has read this manual. The author does not recommend engaging in any of these possible behaviors unless you have been taught in a hands on manner. Written in its entirety by Catherine M. Gross. Do not copy or distribute without permission. ©2000-2004

Negotiations: A Primary Tool

Negotiation is a cornerstone of the SSC dogma. It is one of your most important tools as a player. This is where two or more people discuss their desires, goals, wishes, hot buttons, limits (what they will not do), and medical history in order to provide each other with enough information to have a satisfying mutual scene.

Some negotiations are very brief. For instance, if you are at a gathering and only wish to have a flogging, it may not be necessary to say more than, "This is where I like to be flogged. This is how heavy I

can go. I like stingy sensations and not thud and this is my safeword.

However, other negotiations may last for months. Depending on how intensely you intend to play or how well you know someone. Negotiations will vary.

The basics areas that should be addressed are:

- ?? Medical history and medications
- ?? Safeword (Have you (has anyone who played with you) ever safeworded? If so, why?)
- ?? Emotional history / hot buttons
- ?? Areas of experience

- ?? Areas of interest
- ?? Solid limits (absolute no's)
- ?? Implementation experience
- ?? Mentoring / Learning Experience
- ?? Mutual goals of playing
- ?? Sexuality (will it or will it not be involved)
- ?? Fantasies

You have to talk about what you want and expect. Good communication can be the difference between a superbly satisfying scene and a tragedy. Speak freely about what you want and need before, during and after a scene.

Good Planning

Your environment is extremely important to the success of your endeavor. You should be aware of lighting, placement, stability and temperature.

Lighting

You want to make sure you have adequate lighting for all activities. Low lighting is frequently used to set a "mood" or help relax the bottom. Make sure that the lighting isn't too low that you would be unable to discern reddening skin. Colored lighting is at times used to achieve an emotional affect or be decorative. Be aware that red lighting in particular will tint the color of the skin and not allow one to see a true pigment. Make sure the light isn't placed so it would create a blind spot.

Placement

Be aware of your surroundings. Know the location of tables, other pieces of furniture and objects so if your bottom faints they won't fall and injure themselves. Most injuries which occur during fainting are due to striking an object while falling.

Be aware of hanging objects or anything that might obstruct your path or fall while you are scening.

Stability

Before utilizing any equipment such as crosses, spanking benches, slings, any and all furniture-like dungeon equipment, one should test the equipment. You need to pull, push and check the stability of all pieces. Run your hands along the surface that may touch your bottom, make sure there aren't rough

spots, splinters and such.

Temperature

You want to be aware of the temperature around you. A bottom will not last long if it is too hot or cold. If it's too cold, the bottom may not be able to stay "in scene" too long. They will also experience sensation differently as cold effects the muscles and how a bottom will react. It lowers pain thresholds as well. It's not recommended for extended periods of time.

Extreme heat is also dangerous. A bottom could be overcome by heat stroke. They could faint, become dizzy, or nauseous. If they do, give them plenty of water. Try placing ice on the back of the neck or on the inside of the wrist. This will help the body cool at a faster rate.

Hydration

Staying hydrated is also a very important element to any scene. It's advisable to drink 16 oz of water thirty minutes prior to any scene. The heavier the scene the better the hydration level. Keep water on hand during a scene also.

Sound

Music is also an effective tool to enhance or control your immediate environment. It can create many different types of mood. Set the volume at a level that allows clear communication.

With a bit of forethought, you can help insure that your scene has all the necessary elements to provide a solid foundation.

Disease: Protect Yourself, Protect Your Toys

Being aware of the medical issues and necessary precautions to stay healthy is the best gift you can give yourself and your partners.

Hepatitis

Hepatitis is a major concern. This bloodborn disease is extremely contagious. Hepatitis is virulent outside of the body. If say, a drop of blood dries on a cloth and is moistened up to twenty-one days later, the hepatitis is re-activated, and you may be inflicted. Getting a hep Vaccination is recommended if you intend to play with bloodsports. The vaccination only works in approximately 85% of the population.

HIV Transmission

HIV is transmitted by the mixing of bodily fluids between an infected individual and a healthy individual. Cuts on your hands, small undetectable exposed areas on your gums, or any other open place that come into contact with your play partners body fluid will expose you to the virus if your partner is infected.

There have been many debates over the years as to whether or not lesbians are at a lesser risk in

transmitting HIV to one another. Most testing of women is taken when they are not aroused and they are swiping a dry vagina. The CDC contends that vaginal excretions do contain significant levels of the virus which can infect another person ingesting or otherwise exposed. However, it has been documented that oral sex with women can pass HIV. Use dental dams. Saran wrap is not adequate protection.

STD's

These are sexually transmitted diseases such as yeast infections, bacterial vaginosis, pailloma virus, trichomoniasis, gonorrhea, syphilis, HIV and venereal disease. These diseases are all bloodborn and this does include menstrual blood and breast milk.

Protection

Wear latex or nitrile gloves over hands when touching, penetrating or fisting. Many people have latex allergies, in this case please use nitrile gloves. They are easily found at the drugstore. Latex allergies need to be taken seriously- your partner could have a severe reaction, stop breathing and die within minutes with such an allergy.

Condoms should be used over all insertables especially if you are not going to dedicate the toy to one person only. Do not use "natural" condoms. These are made of intestinal tissues and the HIV virus can penetrate this.

Dental dams work well for oral sex. You can also use a piece of a condom or a glove. Attach it to a garter belt and it will be held in place for you.

Never use the same barrier vaginally that has been used anally. Change gloves, change dams. If you don't, you could spread a serious infection.

Lube

Stick with lubes that are water based. Many non-water based lubes will break down latex. A few of these are: crisco, oil based lotions, perfumes, mineral oil, suntan oil, vaseline, liqueurs, chocolate sauce, whipped cream and hand lotion.

Nonoxynol 9 allegedly kills HIV and many other microbes. However, some people cannot tolerate it.

The rule of thumb with lube is more, more, and then use even more.

Reactions: Being Prepared for Anything

You should be prepared for anything when you scene. Your best notion is never to panic. Remain calm and you will be able to address any situation well.

A bottom may go into shock. This is characterized by the drain of color from their face, rapid breathing, a cold and clammy feeling on the skin, nausea, sometimes shakes or they may even pass out.

If someone goes into shock, give them some orange juice and wrap them in a blanket. For nausea sometimes placing the head between the legs works or if you place the feet

high than the body. Sucking on peppermint candy also works well. Try each method in succession as different methods work for different people.

Remember different people react differently to all types of stimulation. The body will individually discern what is "trauma". A bottom could react at the onset, during, or even when the action stops.

Have water, a snack, and a blanket on hand. Blankets can be used to wrap floggers/flails for transportation and so it will be convenient and as well as useful.

Disinfecting Toys

For disinfecting toys of a solid non-porous material you may use soak in 1 part Clorox and 10 parts soapy water. Staphene works very well for non-porous materials. FetishAuctioneer.com carries Staphene. For porous materials, like leather dildos, they should be dedicated. Always use a condom. You can give yourself a vaginal infection otherwise. For leather products exposed to bodily fluids like blood: 1 part Clorox, 10 parts soapy solution from saddle soap. You can also add in an oily reconditioning solution. Always recondition the leather item after cleaning in order to protect the leather from drying. This is hard on your toys. I recommend bagging the toy for 21 days and then cleaning with a mild soap.

Safewords

Safewords are a cornerstone of BDSM. Though this convention is new (approximately since early 1980's) it is well recognized as part of the SSC credo. A safeword was initially invented for scenes that included words such as no and stop. It is now used as a shorthand language where the bottom may communicate that they are in distress physically or emotionally. A safeword stops a scene and generally is a word other than No. This allows scenes to contain the word no and is convenient for rape scenes, for instance. It also allows the bottom to let the top know at any given moment if they are no longer okay with what is transpiring within the scene. Some scenes use two safewords. One word stops the whole scene, another word means don't stop the scene but change what you are currently doing. This also helps balance individual responsibility in the scene. Each person is responsible for themselves, for their communication of needs, and for their personal safety. If you are engaged with someone who isn't safe, please be aware that a safeword will not stop them.

Whips, Flails & Quirts: An Overview

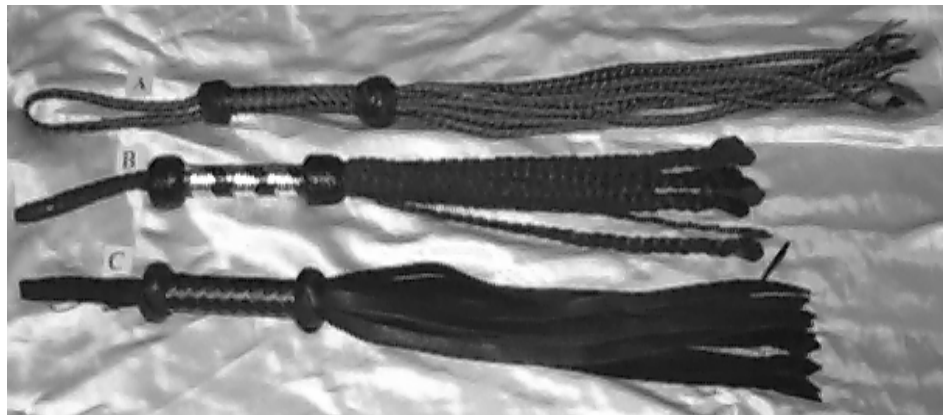
Whips are generally considered to be bullwhips, single tails, signal whips, stock whips and shotwhips. Each is characterized by a single braided piece or fall extending to the end which usually has some



sort of "popper" attached. The picture to the left is a Morgan single tail (4ft.) Singles, bullwhips can be anywhere from 3 to 12 feet. The longer they are the more difficult

they are to control. You can break skin with these implements and you need to be sure of your aim, control, speed, and strength. You should be mentored by someone who is skilled in this area before you ever try this on someone's skin.

Flails or floggers (top right picture) can be flat tails (see C in picture), round braided (see A), and flat braided (see B). All braided implements will create a stinging sensation. Flat braids are thuddier. Flat tailed flails will produce more of a thud. The shape of the ends of each fall will also determine the sensation. The more bluntly cut will be less stinging, the more angular the cut, the more stinging or the sensation. There are also cats. This term is usually indicative of braiding and the number of tails/falls (usually nine).



from one to the next. They are generally 12 to 18 inches of braided leather to which is attached a double piece of flat leather. Please see the picture: a) is a Morgan dog quirt; b) is a regular quirt of regular proportions. These whips, flails and quirts should have handles that are easy to grasp and weighted properly. The weight of the handle will dictate how the tails of the flail will fly. The longer the tails of the flail the more difficult it will be to control. Each of



these will behave differently, with the multi-tailed flails all the tails will not land at the same time or in the same area. Tails which are wrapped or knotted will land with more impact and more power. This "balancing" of the weight is what provides the extra oomph. Each one of these implements will feel differently and each are suited to different whipping/throwing styles. For the most part, the multi-tailed floggers can be thrown straight, in X formation, figure eights, in a circular motion, one stroke at a time or continuous ongoing motion. To know how these implements feel on your body before using them on someone else, some tops flog their thighs, palms of hand, back, or forearms to test the sensation. The more experienced can flog their own back. It gives you a good reference before using them on someone else.

Always maintain a straight spinal column and make movements that are natural to the body as you throw these implements. Mix up the movements to avoid a repetitive injury. (cont. on next page)

Quirts (pictured below) differ greatly

Bondage & Sensory Deprivation

Sensory Deprivation can be construed as a type of bondage. This form of play deprives a person of one or more of their senses.

Don't **blindfold** someone and then have them walk alone as they could injure themselves by running into objects. Don't place the person where if they could knock over a candle if they

move their arms.

Ear plugs, hoods, tape, plastic bags and gags are a few items that can be used for sensory deprivation. Remember not to completely block air passage. Gags can do that and if your bottom is gagged they also won't be able to call their safeword. You can give them a silent safeword such as an object in the hand,

stomping a foot three times, or other methods that are clear. Many prefer something other than an object in the hand, as it could be accidentally dropped. It's prudent to use silent safewords if verbal communication isn't possible. Options should be discussed with your partners prior to play.

(cont. page 6)

Whips, Flails & Quirts: An Overview

There are many positions that one can use to whip/flog a bottom. They can be standing, laying down, bent over a spanking bench or kneeling before you.

It's important to strike where you are aiming to hit. Whips are an extension of your hand. For the most part, you should aim with the tip of the implement. That is where the most power will be concentrated in the strike. They are tools which allow you to create sensation. The power inherent in them also needs to be respected. Bottoms should know what a good flogging is and isn't. It's a bottoms responsibility to take care of themselves and make sure they do not submit to something which will harm them. Bottoms should not lock their knees when being flogged while standing. This could cause fainting.

Areas not to whip or flog:

- ?? eyes, ears, nose, mouth
- ?? the neck (front or back)
- ?? the spine
- ?? joints (elbows, knees, wrists, ankles, etc.)
- ?? tendons
- ?? ligaments
- ?? organs which are close to the surface of the skin such as kidneys
- ?? the middle of the back (waist, that is the location of kidneys)
- ?? from the knees down (knees and feet are very vulnerable)

Areas which are good for whipping or flogging are:

- ?? muscular or fatty areas of the body
- ?? padded front and insides of thighs (not where it connects to the hip)
- ?? the sweet spot of the ass
- ?? across the shoulder blades

Now there is considerable debate as to whether or not one should flog and/or bruise breasts. There isn't any empirical evidence to support that they shouldn't or that it is okay to do so. Some people believe one should not bruise breasts as it could make one more susceptible to fibroid tumors and the development of cancer. The only suggestion that seems clear is not to create deep bruising on breasts that are cystic or fibrous.

You want to make sure that when you whip/flog that you don't wrap. Wrapping is when the tips of the flogger or whip curl around the surface of the body such as shoulders, sides, and hips. Some folks do this on purpose and enjoy this type of play. Wrapping is not generally a damaging act. When one wraps with skill, meaning they hit where they mean to hit, it is not a cause for alarm. Someone who wraps due to lack of skill is another story.

Use your whole body when flogging, not just your arm. This can help you avoid injuries to your shoulder.

Genital Whipping

With this type of play you want to make sure you have cleaned your whip well afterwards. Or, you can use a garter belt, stretch a dental dam over the area and then flog it. One option is to flog while you are holding a finger over the clit. That can allow the person to take more as it is covering the most sensitive part.

Hygiene

Keeping your whips and flails clean is imperative. You must clean them well, condition them to keep the grain and leather in a state which will be healthy for the leather.

Disinfecting leather is particularly important if body fluids have come into contact with it. This can be particularly difficult if the material is braided.

Sometimes you can get a dry cleaner to hand dip the item. However, if this is not an option, perhaps you need to dedicate the item. If this is not possible, clean well as explained earlier. Pay special attention to all the nooks and crannies. Another possible solution is that a bottom keeps their own whips and floggers that are to be used only on them and offer the top use of those items.

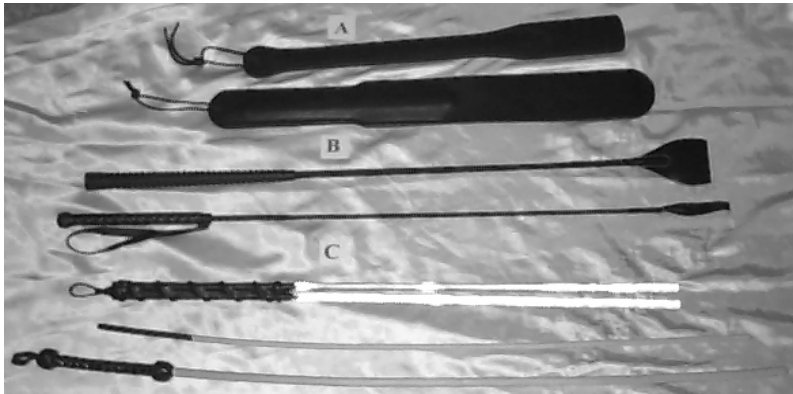
Flogging can be experienced as soft, hard, deep and even spiritually intense. Check in periodically, watch your aim, keep your body aligned, and allow yourself to fly.

Canes, Slappers and Crops

Canes, slappers and crops also create highly different sensations.

Canes in particular can be heavy play. Canes are usually fairly thin implements (see C of picture). The top item is a doubled rod made of acrylic. The next two canes under C are made of bamboo. Canes can cause enormous bruising and can bludgeon. The thinner the stingier they are. These can be used rhythmically or in traditional sets of six. This can be heavy play as they gather momentum and land with great force in a small area. Canes generally create a long sensation and you may need to wait between strikes giving your bottom a chance to recover.

Slappers (A in picture) and **crops** (B in the picture) can vary greatly also. The tip may be small or large and this will greatly effect the sensation which these implements can create. The thinner the tip the stingier the sensation. The wider the tip the deeper the impact and greater



thuddy feeling. The wider tip disburse the impact to a greater degree.

Crops and slappers can vary greatly in their "bounce-ability". Less bounce means deeper muscle impact. Some slappers have a metal piece placed down the middle of the implement to enhance strength and stability. This will also increase the strike greatly.

One of the advantages of implements of this nature is that they are more easily aimed and handled. Generally, these implements will not wrap.

However, canes that are extremely

thin, will wrap easily. They will bounce onto the hip after the body of the cane has already come down on the buttocks. The longer the cane, the greater need for skill. This can be extremely painful and is a thought to keep in mind.

Generally the point of the greatest force will be concentrated in the tip of the implement. It is highly recommended that you practice first on an inanimate object such as furniture or a pillow. This can help you get a better idea of how the implement will react to your differing swings. Also testing these objects on your own body is recommended so you will get a feel for how powerful the

implement is and what sensation this implement will give to your bottom. The sound of a cane is a clue to the sensation it gives also. The areas to strike and not to strike with these implements are the same as floggers and whips.

Bondage & Sensory Deprivation (cont.)

In bondage there's a few rules of thumb that generally will see you through any situation.

Generally the wider the mechanism on the wrists or ankles the better (say two inches). It's possible to pinch nerves if the equipment used is too thin. By pinching nerves, you can do permanent damage. When restraining wrists you should be able to place one finger inside the device that way you know it's not too tight. If you begin to experience any tingling, numbness or coldness in your hands or feet during bondage, you should let your top know immediately. The bondage should either be lower or adjusted

completely then. A bottom in bondage should not be laid face down, they could suffocate. Also, metal manacles tend to get heavy and dig into the flesh after a time. Check this periodically to make sure you are not cutting into flesh.

Bondage which can tighten without the tops knowledge should be avoided. It can cut off blood flow, pinch nerves or if it is around the neck, suffocate them as well.

Sensory deprivation is a form of bondage as well. Gagging is one area of concern within Sensory Deprivation. If you stuff cloth in a mouth the cloth will absorb the saliva and a person can gag and choke

because they do not have the proper lubrication. They could also swallow some of the cloth into their throat and choke. You should be particularly cognizant of sensory deprivation with someone who has vertigo. I do not recommend sensory dep. in that case.

A very important factor of bondage is to discern if your partner has any medical reasons why remaining still, or with arms in a certain position stressing joints, etc. could be dangerous and extra painful for them. Rotor cuff injuries are common. Always ask as a player may not realize it's pertinent information.

Penetration: Anal and Vaginal

General Penetration

Penetration can be oral, anal and vaginal. Many items can be used for penetration: hands, candles, dildos, fists, etc. The list is endless. Just stay away from objects with sharp edges.

All anal or vaginal penetration should take place with a barrier in place, condoms on insertables and gloves on hands. This is necessary to inhibit the transmission of disease. A glove or condom that has been in the rectum should never be placed on/ in the vagina. You may go from the vagina to the rectum. Never use condoms and gloves twice.

Non-oxynol-9 is a common ingredient in lubes. When used with a barrier is it effective against the transmission of herpes, HIV, and other STD's. You can check your sensitivity to latex and lubes by sticking them inside your own vagina. If you experience irritation, consult your physician.

Anal and vaginal penetration are two entirely different subjects from a safety perspective. They are made of different tissues and each has different characteristics.

Anal Penetration

The tissue in the rectum is capable of absorbing materials placed inside the rectum. For this reason take care with what you insert. For instance, if you give an enema with wine, you can make the person quite drunk and it can be toxic and/ or deadly. This is generally not recommended under any circumstances.

Rectal tissue is not as elastic as vaginal tissue. It needs to be worked slowly. Lube is your best friend with this activity. When you think you have enough- use more. Make sure you apply lube beyond the initial ring of the ass. You want to make sure it's gotten all the way in. The rectum does not create any natural lube like the vagina.

Tearing rectal tissue is extremely easy. It is also dangerous to the bottom. If you ever see blood- stop immediately and go see a doctor if bleeding is more than slight or doesn't stop in a minute or two. Toxins may be seeping into the bottoms circulatory system and it could be fatal.

You should always wear gloves and have your nails well trimmed. Any little hang nail or piece of roughened skin is capable of tearing rectal tissue.

Vaginal Penetration

The vagina does create it's own lubrication. However, at times, it is prudent to use manufactured lube. Vaseline should not be used vaginally. It does not break down well and can cause an infection at a later date. Water-based lubricants are less likely to irritate and any oil based lubricant should not be used vaginally (vaseline, baby oil, lotions, etc.).

Fisting

Fisting is not where you insert the entire fist at once. It is when you place the hand finger by finger into the orifice. The hand forms a fist naturally once inside. If your having trouble use more lube and change the angle of your hand. Vagina's are elastic. Anal fisting is a matter of stretching and patience.

Note: If you have long nails and intend to penetrate someone anally or fist them, it is highly recommended that you place cotton balls in the fingers of the glove and make sure your fingernail is well seated in the cotton ball. This will ensure that you do not scratch or split tissue indiscriminately.

Fisting...

Tuck your fist and make sure it's in a position that the hand will close around it. Generally when the fingers are beginning inserted they will tend to overlap and bunch. This is normal. If you are meeting resistance, change the angle, use more lube and go slow. This is the general configuration you will



feel when fisting. Your hand will also generally be more compressed when fisted from existing in such a tight place. Always listen to the body you're penetrating. She is your best source of information. This is a picture of how double fisting is done. You penetrate her with one hand, and insert one finger at a time into the



fist already inside. (Many women are unable to take this) Remember to go very slowly, finger by finger, until the next hands finger are wrapped inside the first hands fingers. Use lube sparingly. The watch words are more, more and more especially if your fistee is post menopausal or has had an hysterectomy.



Clits, Clamps and Clothespins

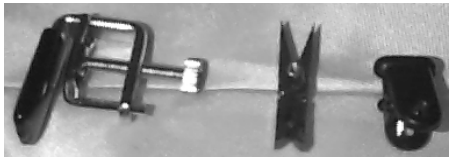
Clamps and clothespins and other implements which pinch the skin together are very easy to use.

These items can be placed on fleshy or fatty parts of the body. Generally they are not connected to muscle. However, that also can be done. If you do that, expect deep bruising and extreme pain.

These item can also be placed on the genitals. Below is a picture of clamps of differing strengths and use. The very tiny one on the left is used for the clit. The ones in the middle can be used for nipples or the clit as well. The larger clamps on the right hand side are generally used for the labia minora or majora. Clamps are wonderful on nipples and for genitorture.



Below are very small clips (middle and right) and a clamp (on the left). These can be particularly nasty. They are so small that they can really hurt because they do not disperse the pain over a large area.



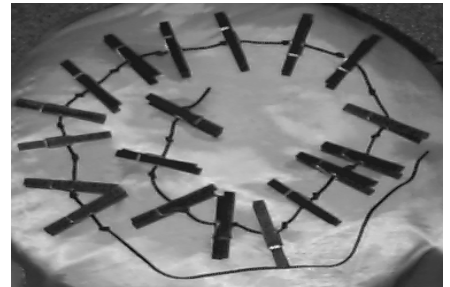
The clamp on the left is particularly good with nipples that are already pierced. Placed behind the piercing, it will disperse the pressure across the area well and hold the jewelry in place so you don't have to worry about ripping.

The longer you leave these items on the deeper and more painful the experience will be. These items function by stopping blood flow temporarily to a small area. When the blood comes back into the area, you will feel a rush of pain. This pain can be controlled by using your hand to re-clamp the area thereby controlling blood flow back into the area. This may be helpful if your bottom is having a heavy reaction to this activity.

If you ever use a clamp or clip and

see that the skin is getting white, generally this means that the clamp has cut off blood flow. Naturally, the area will slightly change in color, but watch for severe changes and act accordingly (remove pin or loosen). White or purple skin is considered a severe change.

The below picture is a zipper. When using this item (apply to fleshy/fatty area and take cord on end and pull off in one motion), be aware that flesh can be ripped.



You can come into contact with body fluids. Clothespins are so cheap and zippers are so easily made, please throw them out and simply make a new zipper. The wood is so porous that you just can't adequately clean it. Or you could bag it and wash it in soapy water after twenty-one days have passed.

Wax: Temperature & Color

The concerns with wax are: 1) temperature; 2) staining clothing; 3) placement; and 4) type of wax.

Temperature is controlled several ways. The higher the candle is held above the body, the cooler the wax will be when it hits the body.

Temperature can be changed by using doubling techniques. This is an advanced method. Blackening wax is indicative of a higher temperature. Monitor temperature so you don't burn skin. Beeswax burns at a very, very high temperature. Some people choose

to use it. Generally this is discouraged because it does burn very hot. Paraffin burns at a lower temperature and is recommended.

Candles with color tend to stain and burn much hotter. Your bottom could also have an allergic reaction to the chemicals that make the color or the the scent of the candles. If you wish to color the wax on a bottoms body you can melt crayons. Test them first. Also be aware if this gets on clothes it usually will stain. On occasion, it is possible to get wax stains out of cloth with a semi-warm iron.

Be aware of splattering and wax running into body curves. Waxing over hairy areas can be removed much easier if you apply oil to the skin first.

Also if you are going to drip wax onto another object, that object will conduct the heat. Plastic will melt and that's extremely dangerous. Never remelt wax on skin.

If the skin is scaled or burnt, please see the burn section of this manual.

Breathing: Asthma, Muscles and Spirituality

Generally, breathing is something we don't think about. It's simply something we do. In scene, one should be aware of breathing and pay special attention to the rhythm, rate and depth of your bottom's intake of air. Breathing well is pivotal to the success of any scene.

A bottom should breathe evenly and take full deep breathes. If your bottom is breathing faster than thirty-six intakes per minutes, you need to stop and evaluate the situation. Perhaps simply a break or slowing down is in order. Make sure you don't begin heavy play again until their breathing has slowed and is more even. Hyperventilating is not a good addition to any scene. Should this occur place their head between their legs and have the person breathe into a bag.

It's important to make sure that you are giving your body enough air to deal with potentially stressful activity. When your body is under stress, breathing in through your nose and out of your mouth will significantly increase your ability to deal with pain, your stamina, and feeling focused. Airing your blood and muscles will help your body and keep you clear minded as well.

Using breathing as a point of focus is also extremely helpful. It can have a calming effect and allow you to focus precisely on your body. This, for some, is an invaluable technique for settling into their scene.

Breathing can also be a primary component of attaining spiritual play for many. It can be connective between a top and a bottom if you

get into the same rhythm of breathing. Eye contact during a breathing exercise will also aid the situation.

If someone has **asthma**, it is definitely a piece of information you wish to have prior to scene. With asthma it's recommended that their inhaler is close at hand at all times. Ask them what the best methods of treatment are beforehand as they may not be able to tell you when they are having difficulty breathing later. With someone who has asthma one should be aware of certain types of play. For instance, use of alcohol on the skin could be inhaled and cause an attack. Use of smoke (fire play, cigar or cigarette play) can also incite an attack. Ask your partner as they are the expert regarding their condition.

Party Etiquette & Helpful Hints

Sometimes we all find ourselves in awkward situations if we aren't entirely familiar with party etiquette. If you keep in mind a few basic concepts, these situations may be easily avoided. A simple apology will also generally be enough to extricate yourself from an awkward situation as well. Apologies are for tops and bottoms alike.

- ?? Do not touch anyone else's toy bag or toys that are hanging for a scene. It's good form to ask for permission first regardless of whether you are a top or a bottom.
- ?? Do not touch a bottom or submissive who is in a collar without permission from their top. Some people feel it's fine if the collar does not have a lock on it, however, I would suggest asking to clear any doubt.
- ?? Do not assume by someone's looks how they wish to be addressed. Ask them.
- ?? If you see a scene that makes you uneasy, you may simply walk away. Interrupting a scene is not good form. You always have the option of asking the DM if what is going on is ok.
- ?? Always remember that a top needs "whip space". This is the surrounding space that it will take to throw a whip or flogger. Walking behind a top and into a top's whip space can interrupt the scene or you could get hit.
- ?? Do not speak or laugh loudly near an on-going scene. It can interrupt the players, disturb their concentration or may feel intrusive.
- ?? It is generally good form to give each scene at least six feet of space. On occasion this is not always possible due to space limitations. Do your best.
- ?? If you're new and don't know too many people, a wonderful way to get to know more people is to ask your hosts if there is anything you can do to help.
- ?? Most people are pretty approachable. If a top did something in a scene that interested you and you'd like to find out more about that activity, most tops, or bottoms for that matter, would be open to talking to you about what they did. A compliment goes a long way to starting a conversation.
- ?? *Please* and *thank you* go a long way! Use those phrases often.
- ?? After a scene has ended, give the players some time to wind down before approaching them.
- ?? Always ask your host/hostess if they need any help with clean up or set up, this is very good form and not practiced nearly enough by many of us!

Fire Play

To play safely with fire, you should have these items on hand: 1) two bath towels that are wet; and 2) a small fire extinguisher.

Make sure you and your bottom don't have any clothes, untied hair, finger nails, etc. that could easily catch fire because of their close proximity or dangling nature. Know your environment. Make it as non-flammable as possible. Fire may spread in an instant. Don't panic. Calmness will allow you to handle any situation quickly and adequately. Also, learn how to use your fire extinguisher beforehand.

Make sure your bottom understands that fire travels upwards. Sitting up as a reaction to fire is not a good thing. Instruct your bottom not to move away from the fire either. You need to maintain a close proximity so you may wipe the fire out with your hand.

Don't use alcohol that has a higher alcohol content than 70%. The other solutions burn hotter and longer. I do not recommend scented alcohol (such as Wintergreen) as there are oils in it which will make it burn longer, hotter, and will be difficult to put out. Generally do not

use another chemical unless you have been trained to do so by an expert.

Be cognizant of the area you intend to play with: a) is this hairy area; b) is there scar tissue; c) is there an open wound? d) how close is this to the face, head hair, eyes, fingernails?

Hair will ignite and you can say good-bye to it immediately. Make sure your bottom is cool with this. Scar tissue may be more sensitive, ask your bottom, or may have curves that are more difficult to control. Test the area. You can do fire play over an open wound, however, this may lead to scarification and therefore I would discuss this fully with your bottom. Face, head hair, eyes, cunts and fingernails are not good places to run fire. As to cunts, it's hard to control, there are so many folds, I don't recommend it. Now there are exceptions. I personally have used my fingernails as torches. It worked well for fear tactics. I brought it close but never placed it on the bottom as there are chemicals in my nails and I didn't want to deal with a chemical burn. Dipping one's fingernails in a glass of water will

easily take care of the flame. Your manicurist can take care of the rest.

Never let a flame burn on skin, immediately swipe the flame with your hand. Even if you don't see a flame- come behind it with your hand. You may not see it, but it could be there and burning your bottom.

Also, sometimes torches drip, be aware of this, be ready for it. Keep your eyes on the flame and on the skin. Make sure that whatever is beneath you is not highly flammable. I watched a shower curtain torch up at a play party from just such drips. I recommend wearing shoes that are not open toed. Alcohol may pool on occasion, be aware of this and put it out immediately. Avoid cracks and crevices. Use smaller areas, they are easier to control. Don't blow on it- this will only spread it. Don't slap it, this can spread it. Don't do fire play over an area you've waxed even if you can't see particulant. Trust me, it's there.

This activity should be a mentored skill. Proceed with caution and have fun.

Burn Care and Types of Burns

If a someone is burned the first items to attend to are: 1) move the victim away from the fire; 2) put the fire out; 3) if the person's clothing is on fire they should be rolled in a blanket or doused in water (only use water if this fire was not created with alcohol. Alcohol floats on water and all you will do is spread it); 4) cut away smoldering clothing, do not pull; and 5) if the fibers adhere to the skin tightly, don't pull, douse in water to loosen.

Types of Burns

A first degree burn is characterized by red, painful skin with no blisters. It ordinarily heals in three to seven days. It is limited to the epidermis

(first layer). A sunburn is a good example of a first degree burn.

A second degree burn (also referred to as a partial thickness burn) effects all epidermal layers and extends into the dermis. There are two classifications: a) *superficial* which involves only outermost part of the dermis and is very painful. Characterized by mottled skin, pink or red and blanches with pressure. This will heal in ten to eighteen days without permanent scars; and b) *deep* destruction down to the last layer of dermis. The burn will be moist, blistered and mix with areas of mottled red and white patches The

skin does not blanch and may not be painful. Healing may take weeks and leave scars, if this burn becomes infected, by definition is becomes a third degree burn.

Third degree burns are the destruction of all epidermal and dermal layers right down to the subcutaneous tissue. Skin may appear charred, leathery or pale and dry. Usually there is no pain as the nerve endings have been destroyed. Healing occurs with skin grafting or scarring.

To treat a first degree burn immerse the burned area in cool water or apply a cold compress within an

Burn Care and Types of Burns (continued)

hour of the injury.

For second degree burns, apply cold, do not puncture the blisters. If you use vitamin e or aloe on the wound in the days to follow, it will aid the skins healing process.

To treat a third degree burn cover the wound with dry dressing and be aware of the victim's body temperature. Get the victim of a hospital or doctor. This is serious and not treatable by anyone other

than a professional.

Burns are the second most common cause of accidental death and to be taken seriously. Understand the risks of this type of play. You may never to be too careful with the

Blood Sports: Piercing, Suturing and Cutting

Piercing, suturing and cutting have many overlapping areas when it comes to safety.

Where to and not to Pierce/Cut:

- ?? Neck, face (though it's done), toes, fingers, spinal column, collar bone, hands and lower back
- ?? Avoid major nerves- you're generally safe if you avoid the areas listed above.
- ?? Places to pierce are thighs, upper arms, forearms, sides, and torso.
- ?? The abdomen, labia, nipples are pierce-able but demand more technical knowledge.

Make sure you have alcohol, betadine, gloves, gauze, sharps container, paper towels, and whatever else you may need to pierce close at hand.

Check your enviroment. Make sure nothing can fall on your bottom or that anything is near that they or you may bump into when piercing them. Keep your enviroment as clean as possible.

Make sure you have good lighting. Don't pierce over veins that are protruding from the skin. Gather everything you need when you start so you don't have to leave your bottom.

Wear gloves always. Even if you are fluid bonded, the various particulants under your nails will place your bottom at risk of infection. Short of soaking your

hands in betadine, working it in under your nails, allowing it to dry fully- your hands aren't clean. I recommend spraying your gloves down with alcohol to clean them. Alcohol cleans but it is not a disinfectant. Betadine is. Clean the area you intend to pierce, suture or cut. Soap and water, then alcohol will do for piercings and suturing. Always used betadine for cuttings. Apply, make sure it is completely dry and then wipe down with alcohol to remove the stain from the betadine. In suturing if you are adding decorations, please clean them first with alcohol. Technicare is also a good prep solution to use on the skin. Your worst enemy here is Hepatitis. Please see the section on disease for more information.

Never pierce, suture or cut beyond the third layer of skin. If you cut into the third layer of skin, most people will scar. It is possible to get a scar from a first layer cutting as well. Temporary piercing, even with small gauges, may scar also. The more melanin the thicker the skin and more likely that the skin will scar. All skin is unique, it will vary in thickness, color, healing ability and time. Make sure the person you're piercing understands this.

It's possible that you could hit a vein or artery. Arteries are generally well below the third layer of skin, however, this is not always the case. If you hit either, don't panic. In the case of piercing, we're talking about a very small hole. Put pressure on the wound with gauze. It should stop bleeding in three to

seven minutes. With cuttings, the damage may be much greater. If you can't get the bleeding to slow considerably or stop within ten minutes, call 911. Have a towel on hand to catch any blood that possibly escapes from the gauze. Lay it below the bleeding area. Cover anything you don't wish to have blood on that is below the piercing area.

I recommend using only scalpels for cuttings. Some people use knives, However, I feel that since they tend to tear the skin it is not your best option. Scalpels were made to cut skin and therefore offer a cleaner line. Do not use scalpels or needles that have been previously used. Though these items are incisive, they dull with each use. Needles are made to penetrate skin once. They dull quickly. Scalpels do dull but not as fast. Change them as you feel more resistance.

These aren't safer forms of play. You do your best to minimize your risk but the risk is greater for the transmission of disease as you are working with body fluids. Please dispose of all related materials for this type of play in and Sharp's container. Do not throw the Sharp's container in your regular trash. You may usually drop them at a pharmacy or hospital in your area.

I highly recommend mentoring before attempting these forms of SM. There are many skills which go into this form of play. Be thorough, cautious and study hard.



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Catherine M. Gross resides in Atlanta, GA and New York City. She was taught in a hands-on tradition and believes that all may benefit by such teaching. She has taught at IMsL, LIL, Leather University, Black Rose and for many BDSM groups and private gatherings across the country. She chooses to give back to her community in gratitude for all her community has given her.

She believes learning is at the core of creating good solid play and hopes you may gain some tidbit from this manual to further yours.

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