

Bondage & Discipline

Safety Guidelines for Mistresses

SUSPENSION AND BONDAGE

- Never around the throat (strangulation risk)
- Don't suspend by hands/wrists alone (joint damage)
- Never suspend by the arms behind the back (joint damage)
- Don't tie cock/balls to anything fixed unless the person is completely immobilized (if he falls, or the chair falls, it could pull his cock or balls off and he could die).
- Suspension upside down should be for less than 10 minutes, and only for people who are sober and in sound health. If he wants a whole hour of it, make him take breaks between suspensions.
- Check often for numbness/coldness/pain in bound limbs, loosen or release bondage accordingly.
- Cuffs and padlocks: make sure there are 2 keys, one with you, and the other in a safe place, BEFORE you lock them on.
- When suspending/applying bondage, consider: What if he faints? What if he falls? If you can't answer, then don't do it.
- Have a pair of paramedic scissors on hand in case you need to cut someone free. Keep paramedic scissors, and a torch, in a place you will be able to find them if the lights go out.
- If a person faints, or has a fit, while in bondage, then you need to 1. Clear airway 2. Call for help to move him 3. Remove bondage 4. Place in recovery position (on side on floor).
- ALWAYS CLEAR THE AIRWAY FIRST. The bondage won't kill him, but if he can't breathe ...

GAGS

- Not for people with asthma, or any other respiratory illness, including colds, hayfever, anything that compromises breathing
- Unsecured gags, such as panty/stocking gags, can choke the submissive. Always tie a bit of stocking around the head, and be ready to pull the gag out. If you use a panty gag, either tie it to something or keep hold of it.
- Establish a non-verbal mercy signal for the gagged person.
- Never leave a person bound and gagged. If he vomits, he can die in less than a minute. If a slave wants to be left bound and gagged, he needs a 'warden' to stay with him and observe him.

BREATH PLAY/MUMMIFICATION

- Again, not for people whose breathing is already compromised
- Start with short periods of breath control and work up to longer periods – people have very different lung capacities
- Ensure you can clear the airway within seconds if need be. Have scissors on hand – don't rely on fingernails – glad wrap can be surprisingly tough!

CORPORAL PUNISHMENT

- Not on the face or head
- Not near the kidneys/liver/spleen, ie not between the rib cage and the pelvis

HEAVY SESSIONS

- The submissive should be sober, have eaten, and be in sound health

BLOOD SPORTS AND BROWN SHOWERS

- Have a disposable, waterproof material under play area, eg large garbage bags
- Clean spills wearing latex gloves, soak up spillage with paper towels, then wash and disinfect area
- Any blood spill on skin: wash like mad and then disinfect with betadine.

FISTING

- The mistress should fist to his left. Use your left hand and veer to your right if he is facing you, use your right hand and veer to your left if he's facing away from you.
- Not suitable for long fingernails

ELECTRICITY

- Not for people wearing pacemakers, or with a heart condition
- Not above the waist, unless with a violet wand
- Turn the voltage OFF before changing positions or attachments.
- If the submissive can't feel a charge at around 3 – 4 on the gauge, it means a connection is not working. Redo the connections, replace batteries and try again. Don't just keep turning it up – if a connection suddenly happens, and the gauge is on 10, the sub could end up with a burn or a heart attack.

PIERCING

- Not on diabetics or people with blood disorders



- Not on people taking Warferen or other blood-thinning medication
- Not on tightly bound areas, especially not bound cock and balls
- Keep it sterile – use gloves, and swab area to be pierced
- Loosen any bondage before removing needles.
Apply pressure on swab, then place used needle directly into sharps container.

HYGEINE

- Use gloves and/or condoms for any activity involving body fluids
- Remove soiled gloves before touching clean equipment
- Condoms or gloves to be used for all anal/vaginal/oral penetration, including gags
- Wash, disinfect and dry all equipment before putting away.
- Wash, disinfect and dry all surfaces and containers used, including benches, chairs, mirrors, lube bottles, bin, shower recess, racks, slings, crosses. If one of you touched it, then clean it.
- The best protection against disease is to leave all equipment BONE DRY. Viruses and bacteria cannot survive without moisture.

Safety Guidelines for Submissives

- Check what the master wants to do against the above guidelines. Ensure he is aware of any risks involved and how to avoid them
- New masters wishing to try any corporal, bondage, piercing or electrical play should try it as a submissive first, or work under the guidance of a mistress
- When in doubt, either insist that a mistress guide/supervise, or establish a safety check procedure – eg buzz manager every 15 minutes to let her know you are safe. Inform the client that if you do not do this, management will interrupt the session.

Legal Issues

- Under Australian law, a person cannot consent to be harmed. If a person is harmed by something you do, you are criminally liable, even if he asked you to do it.
- If a client asks for an activity that is not safe, ie that may result in infection, injury, or death, remember that legally, it is your arse on the line, not his.
- For your own protection, as well as his, you should refuse any activity you think carries an unacceptable risk.

Cleaning Procedures

	Leather and suede	PVC, plastic, Dildos, Vibrators	Towels and Ropes	Latex	Rubber, electrics, metal	Tarps, room surfaces
Sweat, saliva sperm mucous, lube, urine	Spray with disinfectant, rub dry	Wash in hot soapy water, spray with disinfectant, rub dry	In washing machine	Wash in warm soapy water, rinse, dry indoors or in shade. Powder well and store in paper/cloth bags.	Clean with alcohol only. Metal can then be autoclaved.	Wash, spray with disinfectant, dry.
	Leather and suede	PVC, plastic, Dildos, Vibrators	Towels and Ropes	Latex	Rubber, electrics, metal	Tarps, room surfaces
Blood or faeces	Dont use leather or suede on blooded areas. If contaminated, soak in disinfectant, dry and condition. Clients wanting heavy whippings need to supply own leathers.	As above, then wash in betadine solution or alcohol.	If badly soiled, discard. If slightly soiled, wash, then soak in 1 part bleach, 2 parts water.	Wash, then soak in betadine solution or alcohol. Rinse, then dry as above.	Swab with betadine solution, then clean as above.	As Above.

Pic: From Black & White (pg 72) Gillies Berquet

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