

Pre Scene	During Scene	Post Scene
<p>Rigger and bunny consent and pre scene negotiation ? Equipment safety checks ? Bunny pre play stretch or warmup ? Any Physical conditions / limitations ? (both) Any Allergies ? Any Mental issues or limitations ? (both) Taking Medication ? Have you got everything you'll need ? Mobile phone on silent and to hand ? Safe Call in place ? Safety cutting tools and backup to hand and nearby ? Time – How much do you have ? Last food and drink intake ? (passing out / toilet need) Suspension ? - Double check ALL equipment and play area. Water to hand ? Does the bunny 'sub-out' or get 'sub-drop' ? Likewise, does the Rigger/Top ?</p>	<p>Welfare of both Rigger and bunny Airway – Ensure the bunny has one. Breathing – Are they ? Circulation – Check skin temperature and colour for any signs of restricted flow that could cause damage. Nerve damage can occur very quickly, a double hand squeeze indicates circulation and function, if it is not returned quickly and in the same manner, does that indicate mental/physical impairment ? Radial nerve – Thumbs up check Median Nerve – grip/wiggle & skin temp/colour check Ulna nerve – grip/wiggle & skin temp/colour check IF YOU ARE NOT SURE – CHECK ! Water to hand ?</p>	<p>Aftercare Water ? Blanket ? Sugar ? (e.g chocolate, dextrose, sweets, coke) Check circulation – colour / temperature Function of limbs (both parties) -in order to move Physical capacity check – are you both safe to move? If you do, move slowly at first. Mental capacity check – are you ok ? Physical contact e.g Hug ? Phone call same day / next day – consider Remember aftercare works both ways !</p>
<p>Rigger – Are you safe to tie today ? Bunny – Are you happy and safe to be tied today ?</p>	<p>Regular checks on your bunny will show care, consideration and establish trust. Not doing it shows something is lacking.</p>	<p>Have you forgotten anything ?</p>
<p>! Consider limitations of all types – (everyone)</p>	<p>! Your bunny's safety should be a priority.</p>	<p>! Be aware of standing someone up who has been immobile for a period of time (hypotension)</p>

THIS IS ONLY A GUIDE - Please change this according to your local needs – Safe Sane Consensual. Risk Aware Consensual Kink(R.A.C.K)

YOU ARE RESPONSIBLE FOR YOUR INDIVIDUAL SAFETY

Guidance notes.

This guide has been designed to improve awareness and safety for all scene players.

Informed Consent, SSC, RACK or whatever you work from should be incorporated into this guide as well. It's only a guide, every scene and individual will be different, so it's the individual's responsibility to ensure they are happy and safe to take part in any scene.

There may be things that are missing from this guide, if so, change it as you see fit, but please share the improvements with others !

Pre Scene – This is where you TALK to each other, expectations, types of play, safewords, limits, things that won't be done, etc etc. Is the area you are playing in safe ? Any objects that could be broken with whip ends, a takedown scene ? Consider using plastic rather than glass containers. Is the area dark, noisy, crowded ? How could it affect your scene ?

During Scene – This is continual checking and rechecking. It may be only minutes, so ensure your bunny is ok. Water to hand (plastic bottle)

Post Scene – Aftercare of both parties, making sure everyone is 'back in the room' and ready to move or leave an area. Aftercare can be needed minutes, hours or days after a scene, and works BOTH ways !

This may be something new even to experienced persons.

Strong emotions/feelings may be experienced post scene, you may not experience it, but please be aware that it does happen.

Tidy up after yourselves, if you are in a club, this shows consideration and respect for others. If you've used any equipment, can you wipe it clean after use ?

Other Notes – Please do not interrupt a scene/rig as this can ruin the moment for the people involved.

Consider and look where you are stepping, avoid stepping over people and standing on rope.

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