

## KNOW THYSELF (Things you should ask yourself and tell your top)

Expectations	<ul style="list-style-type: none"> <li><input type="checkbox"/> What type of scene are you expecting?             <ul style="list-style-type: none"> <li><input type="checkbox"/> Lab vs. scene</li> <li><input type="checkbox"/> Floor, suspension, partial suspension?</li> <li><input type="checkbox"/> Rough/gentle/playful/serious/sadistic/sensual</li> <li><input type="checkbox"/> Sexual contact or no? (Delineate what sexual contact means to you)</li> <li><input type="checkbox"/> Is kissing okay?</li> </ul> </li> <li><input type="checkbox"/> What do you want to experience in this scene, or what are you curious about in general?</li> <li><input type="checkbox"/> What do you need in terms of aftercare?</li> </ul>
Safety	<ul style="list-style-type: none"> <li><input type="checkbox"/> What are your soft/hard limits?</li> <li><input type="checkbox"/> Do you have any relevant medical conditions? Examples:             <ul style="list-style-type: none"> <li><input type="checkbox"/> Low blood pressure</li> <li><input type="checkbox"/> Glaucoma</li> <li><input type="checkbox"/> Previous nerve injury/recent injuries of any type</li> <li><input type="checkbox"/> Diabetes</li> </ul> </li> <li><input type="checkbox"/> STI status (especially if there is a possibility of sexual contact)</li> <li><input type="checkbox"/> Are there areas of your body to avoid hitting/compressing, or are just generally off-limits?</li> <li><input type="checkbox"/> Any words to avoid, triggers, etc.</li> <li><input type="checkbox"/> How do you communicate when things are going badly? When they are going well?</li> </ul>
Useful Information	<ul style="list-style-type: none"> <li><input type="checkbox"/> What kind of marks are okay?</li> <li><input type="checkbox"/> How experienced are you?             <ul style="list-style-type: none"> <li><input type="checkbox"/> About how many times have you done rope scenes? Other scenes?</li> <li><input type="checkbox"/> When was the last time you've had a rope scene?</li> <li><input type="checkbox"/> What types of rope scenes have you experienced?</li> </ul> </li> <li><input type="checkbox"/> How long do you typically scene?             <ul style="list-style-type: none"> <li><input type="checkbox"/> How long can you sustain challenging ties?</li> </ul> </li> <li><input type="checkbox"/> (On day of scene) How do you feel? Is anything achy, stiff, or just feels weird? How do you feel mentally?</li> </ul>

## KNOW THY TOP (Things you should probably ask your top)

Expectations	<ul style="list-style-type: none"> <li><input type="checkbox"/> What kind of rope do you like?</li> <li><input type="checkbox"/> What do you like about rope?</li> <li><input type="checkbox"/> Why do you want to tie?</li> <li><input type="checkbox"/> Lab or scene?</li> <li><input type="checkbox"/> What do you want/need in terms of aftercare?</li> </ul>
Safety	<ul style="list-style-type: none"> <li><input type="checkbox"/> What is your experience with rope?</li> <li><input type="checkbox"/> Do you have anyone I can vet you with?</li> <li><input type="checkbox"/> How should we communicate? (Verbal/nonverbal cues, safewords, checking in, etc.)</li> <li><input type="checkbox"/> What will you do if a nerve injury or other emergency happens?</li> <li><input type="checkbox"/> Have you experienced an emergency before?</li> <li><input type="checkbox"/> Do you have a cutting tool on-hand?</li> </ul>
Useful	<ul style="list-style-type: none"> <li><input type="checkbox"/> How long do you typically scene?</li> <li><input type="checkbox"/> Anything that I really shouldn't do during the scene?</li> <li><input type="checkbox"/> Anything else that I should know?</li> </ul>