

BDSM Safety Protocols

Essential risk mitigation and emergency guidance for physical play

Purpose: BDSM can be intense, emotional, and physically demanding. This guide outlines core safety protocols every participant should know – whether you're new to kink or experienced in edge play. Use it to prepare, communicate, and protect each other before, during, and after scenes.

Section 1: Pre-Scene Safety Checklist

Before starting any scene, confirm the following:

- ☐ **Hard and soft limits discussed**
 - ☐ **Safeword system agreed upon** (e.g., Red/Yellow/Green or custom signals)
 - ☐ **Medical issues disclosed** (injuries, asthma, medications, etc.)
 - ☐ **First aid kit is nearby**
 - ☐ **Aftercare needs are understood**
 - ☐ **Emergency contact protocol in place**
 - ☐ **Tools inspected for damage**
 - ☐ **Mental/emotional state is stable**
 - ☐ **Safe space prepared** (ventilation, sound, privacy)
 - ☐ **Consent reaffirmed immediately before starting**
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Section 2: Physical Risk Awareness

Impact Play:

- Avoid kidneys, spine, head, and joints
- Safe zones: buttocks, upper thighs, shoulders
- Start soft, increase gradually
- Use warm-ups and cool-downs

Bondage/Restraint:

- Check circulation every 10-15 mins
- Avoid placing ties over joints or nerves (e.g., inside of wrists, backs of knees)
- Always have **safety shears** nearby
- Use quick-release knots or cuffs

Breath Play (Advanced Risk):

- Never do it without deep education and trust
- Always have a **pre-established stop protocol**
- Monitor skin color, breath sounds, body language
- Avoid intoxication, distractions, or long holds

Wax Play:

- Use **body-safe candles** (low-temp wax only)

- Test first on back of hand
- Drip from safe height to avoid burns

Temperature Play:

- Always test temperature before contact
 - Avoid open flame or boiling water
 - Keep cool packs nearby to soothe if needed
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Section 3: During the Scene

- Maintain **verbal or non-verbal communication** throughout
 - Watch for signs of distress (trembling, silence, tears, zoning out)
 - Ask occasional check-ins: “Color check?” or “How are we doing?”
 - Keep the **first aid kit** within arm’s reach
 - If a tool breaks, stop immediately and reassess
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Section 4: Emergency Protocols

If a safeword is used:

- Stop immediately
- Check in calmly – ask physical and emotional status
- Don’t resume until both parties feel safe again

If an injury occurs:

- Clean and treat minor wounds with first aid
- If there's bleeding, dizziness, or broken skin:
 - Apply pressure
 - Stop the scene
 - Seek medical attention if necessary

If someone drops into a dissociative or shut-down state:

- Stay calm and present
- Use grounding techniques (touch, gentle voice, name repetition)
- Wrap them in a blanket or help them sit
- Avoid overwhelming them with questions

If an ambulance is needed:

- Use a *vanilla cover story* if necessary: “We were experimenting and someone got hurt”
 - Avoid incriminating language
 - Prioritize care over fear of judgment
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Section 5: Post-Scene Follow-Up

- Debrief within a few hours or next day
- Ask:
 - “How are you feeling physically?”

- "How are you feeling emotionally?"
- "What did you enjoy most?"
- "Was anything too much or uncomfortable?"
- Monitor for signs of drop for 24-72 hours
- Reaffirm consent, care, and continued trust

Section 6: Safety Tools and Resources

Keep on hand:

- Safety shears (for rope/cuffs)
- First aid kit (antiseptic, bandages, gloves)
- Aftercare bag (snacks, water, blanket, wipes)
- Clean towels or wipes
- List of allergies/medical concerns (printed or in phone)
- Emergency contact info written down
- Safe call system if meeting new play partners

Closing Reminder

BDSM without safety is just recklessness. Take your time. Communicate thoroughly. Prepare for what you *don't* expect. The goal is connection – not damage.