

Spotter Communication Checklist

Name: _____

Pronouns: _____

In case of emergency, contact (name and phone number): _____

Equipment

My cutting tool(s) are:

- ☐ EMT (rescue) shears
- ☐ Rescue hook
- ☐ Other: _____

Please let me know if you are unfamiliar with this type of cutting tool, and I'll show you how mine works!

My cutting tool(s) are located: _____

My carabiners are:

- ☐ Nonlocking
- ☐ Locking with a screw gate
- ☐ Locking with a twist lock gate
- ☐ Other: _____

Please let me know if you are unfamiliar with this carabiner type, and I'll show you how mine works!

Social Interaction

Once I start tying, I would prefer that you:

- ☐ Feel free to chat and socialize with me
- ☐ Refrain from social conversation and talk to me only if there is a serious concern
- ☐ Other: _____

Physical Contact

While I'm self-tying:

- ☐ You're welcome to join my self-bondage session and touch or play with me in the following ways/places: _____
- ☐ Please do not physically touch me at any point during the session unless I specifically ask for help or there is a clear emergency (fainting, fall, seizure, etc.)
- ☐ Other: _____

Watching

I prefer that you:

- ☐ Observe the bondage and my body language carefully and intently so that I feel safe and confident knowing you're alert to any signs of trouble
- ☐ Casually observe me and be available if I ask for help, but feel free to read, write, play games on your cell phone, and so on.
- ☐ Other: _____

You will know my play & aftercare are completed, and we can go back to "social mode" when I:

- ☐ Specifically tell you that I'm done
- ☐ Start wrapping up my rope and putting my toy bag back together
- ☐ Other: _____

Assistance

While I self-tie:

- ☐ I prefer that you not try to help me in any way unless I specifically ask for help or clearly have an emergency (fainting, seizure, throwing up, and so on)
- ☐ I would appreciate you proactively offering any help you think I might need, such as bringing me a bottle of water if I seem thirsty, handing me a piece of rope that ended up just out of my reach, and so on.
- ☐ Other: _____

Teaching/Feedback

- ☐ If you have advice or suggestions to improve my self-tying, I'd be happy to hear your thoughts at any time while I'm self-tying
- ☐ Please save any suggestions until after my scene and aftercare are completed.
- ☐ I'm not looking for any advice or instruction on my self-tying; please do not give me suggestions or feedback.
- ☐ Other: _____

My Self-Suspension Style

During this session, I anticipate I will:

- ☐ Be almost constantly moving and adjusting dynamically
- ☐ Find a position I like, then relax into the bondage and float
- ☐ Other: _____

I'd also like you to know: _____

I appreciate your spotting for me! What can I do for you in return?