



Basic Rope Safety Emergencies Management: Strathclyde Open Rope Exchange (Paperback)

By Aijin Nawa

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is the workshop manual that goes alongside the Strathclyde Open Rope Exchange session on Basic Rope Safety Emergencies Management. This book is aimed at the safe practice of rope arts. Topics covered: Safety equipment you should own - covering safety shears, line cutters, first aid kits with a rope safety focus. Asking the right questions to new partners - covering how much you need to know about someone s physical and mental health whilst respecting their personal boundaries. Setting up a safe play environment - covering how to play safely without losing the atmosphere both at home and in public environments. Safe words, safe signs and checking in - covering how setting up a language for communication of all is well can enhance all partners experience Common problems encountered in rope bondage - covering circulation issues, identifying problematic pressure areas, spacing out vs worrisome reduced consciousness and simple injuries Mental and emotional first aid - covering how to communicate effectively about the non-physical side of rope and deal with difficult emotions. Cutting the rope vs untying - covering situations where...



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