

What is RACKWiki?

Risk-Aware Consensual Kink (**RACK**) is a philosophy for approaching kink. It recognizes that no kink activity is completely safe, and promotes learning about the risks so you can make informed choices.

A **wiki** is a website format that allows pages to be edited collaboratively. This enables users to easily access and contribute information.

RACKWiki is both a website, and a collective of volunteers with the shared goal of making the kink community safer.

Mission statement

RACKWiki believes that abstinence-only education costs lives. Some people cannot be stopped from exploring high-risk kinks. Our mission is to provide kinksters with high-quality information so they can make informed decisions and reduce their risks.

We invite you to help us by:

- **Learning** how to keep yourself and play partners safe.
- **Teaching** others by contributing information to the wiki.
- **Sharing** our work with your community.

When planning a scene

Any scene can run into problems resulting in bad events. **Risk assessment** means thinking about how likely and severe different bad events could be. Some kinks and scenes are inherently riskier than others. People judge risk differently based on their experience, physical health, mental state, and other personal factors.

Risk mitigation means taking steps before and during a scene to lower the likelihood and/or severity of a risk, and having a plan of action ready in case something bad happens.

Informed consent

RACK encourages **informed consent**. All participants should be aware of their personal risks before they consent to a scene. This includes physical injuries, exposure to sexually transmitted infections (STIs), and emotional, social, and legal dangers. Even if a bad event is unlikely, talking about the consequences allows each person to decide if they are willing to accept the risks and to take actions to reduce them.

Expecting the unexpected

A scene can go badly no matter how carefully it is designed. **Contingency planning** helps people take proper action, even under pressure in an emergency situation. The range of what can happen is broad, so focus on the most likely or most serious cases. For example, how would you prepare for these scenarios during a bondage scene?

- Your sub's hand falls asleep.
- Your sub panics and starts crying.
- Your dom faints and cannot untie you.
- The fire alarm in the building goes off.

Contingency planning includes:

- ✓ Informing participants of medical conditions and how to find your emergency contacts.
- ✓ Preparing supplies and tools like:
 - Paper towels, absorbent pads.
 - Spare keys, safety shears, bolt cutters.
 - Wound disinfectant, bandages, gloves.
- ✓ Telling a trusted friend your location and plans, and to call emergency services if you do not respond within a certain time.
- ➖ **If you engage in extremely risky play, especially solo, death is more likely. Prepare written instructions for your family and friends.**

Bondage

- i Tight restraints, outfits, or prolonged immobilization can put pressure on nerves and restrict blood flow.
- ⚠ Poor circulation and pinched nerves have similar symptoms including:
 - Tingling, or “pins and needles” feeling.
 - Numbness, weakness, loss of sensation.
- ➖ **Nerve compression may have no sensation, and can result in permanent nerve damage.**
 - May only be felt as loss of movement.
 - Most likely noticed in isolated areas of the affected limb (like an icy feeling in a finger or part of the hand).

Breath play

- i Breath play is a high-risk activity and a common cause of kink-related fatalities.
- ⚠ When the body and brain lose oxygen (called *hypoxia*):
 - Consciousness is lost within seconds.
 - Permanent brain damage occurs within minutes.
 - Death is all but certain after 10 minutes.
- ⚠ Certain types of breath play cause hypoxia more quickly than blocking airways:
 - Inhaling gases such as nitrous oxide.
 - Blocking blood flow at the neck (*sleepers hold* or *carotid compression*).
- ⚠ When someone faints due to hypoxia, certain muscles automatically contract. This state is called *posturing*.
 - Others may not realize the person has fainted, delaying intervention.
 - Fingers will close tightly into a fist, and will not release until brain death occurs.
- ➖ **In solo play and for people with certain heart or lung conditions, the risks of breath control cannot be meaningfully mitigated.**

Inhalants

Poppers (alkyl nitrites)

- i** Inhaling causes short-term euphoria, smooth muscle relaxation, lightheadedness, flushing, low blood pressure, and fast heart rate.
- ⚠** Flammable, and can cause chemical burns. Very toxic if swallowed, boofed, or injected.
- ⚠** Can cause permanent vision loss from reduced blood flow to the retina.
- ⚠** Can temporarily reduce blood oxygen levels, which can be life-threatening.
- ⊖** **Combining with erectile dysfunction drugs can cause dangerously low blood pressure.**
 - Sildenafil (*Viagra*) lasts for up to 4 hours.
 - Tadalafil (*Cialis*) lasts for up to 36 hours.
- ⊖** **Stop if any of these symptoms occur:**
 - Headache, coughing, difficulty breathing.
 - Fainting, loss of consciousness.
 - Irregular heart beat.
 - Persistent, bright, green-ish area in vision.
 - Lips, gums, or skin turn blue

Nitrous oxide (nitrous, Whippits, laughing gas)

- i** Inhaling causes short-term euphoria, dissociation, changes in the perception of time, space, and sound, lightheadedness, tingling, confusion, and can reduce oxygen levels.
- ⚠** Heavy, long-term use can cause vitamin B12 deficiency, which can lead to:
 - Nerve damage causing persistent numbness, tingling, or weakness.
 - Low red blood cell count (*anemia*).
- ⊖** **Blood oxygen levels can quickly fall dangerously low if inhaled without air or oxygen (see the section on breath play).**

Ethyl chloride (*Maximum Impact*®, *Black Max*®, *chloroethane*, *spray poppers*) and other **volatile anesthetics** (*chloroform*, *ether*, *ethyl chloride*, *isoflurane*, *sevoflurane*)

- ⊖** **Recreational use is extremely dangerous because there are no practical ways to reduce the risk of sudden death.**
- ⊖** **Dosing is very difficult to control. At high doses the heart and/or breathing may stop completely without warning.**

Heat illness

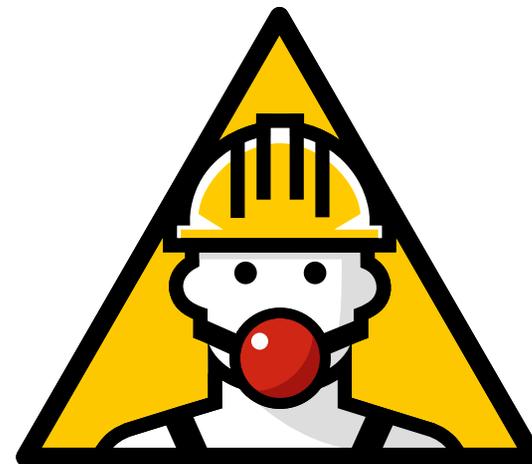
- i** Heat illnesses can happen when the body loses too much water and salt through sweating. They can be caused by hot environments and physical activity, and made worse by drinking alcohol and wearing heavy clothing.
- ⚠** Heat cramps are painful muscle spasms caused by low salt levels.
- ⚠** Heat exhaustion can have the following symptoms in addition to heat cramps:
 - Headache, nausea, dizziness, faintness.
 - Cool, moist skin with goose bumps.
 - Heavy sweating; weak, rapid pulse.
- ⊖** **Heat stroke can cause permanent disability or death without emergency treatment. Symptoms include:**
 - High body temperature (>104°F, >40°C).
 - Altered mental status, confusion, slurred speech, irritability.
 - Vomiting, rapid breathing, racing heart rate, flushed skin, hot/dry skin, profuse sweating.
 - Seizures, coma.
- ⚠** If heat illness is suspected: move the person to a cold area, remove unnecessary clothing, apply cold compresses or water, encourage gradual hydration, and stay with them.
- ⊖** **If heat stroke is suspected, contact emergency services immediately.**



 RACKWiki.org

 RACKWiki.org

 RACKWiki



RACKWiki

**Kinks happen.
Know the risks.**

