

CONTRACT

Made this day _____ ("The Commencement Date")

BETWEEN

("The Dominant")

("The Submissive")

THE PARTIES AGREE AS FOLLOWS

1 The following are the terms of a binding contract between the Dominant and the Submissive.

FUNDAMENTAL TERMS

2 The fundamental purpose of this contract is to allow the Submissive to explore their sensuality and their limits safely, with due respect and regard for their needs, their limits, and their wellbeing.

3 The Dominant and the Submissive agree and acknowledge that all that occurs under the terms of this contract will be consensual, confidential, and subject to the agreed limits and safety procedures set out in this contract. Additional limits and safety procedures may be agreed in writing.

4 The Dominant and the Submissive each warrant that they suffer from no sexual, serious, infectious or life-threatening illnesses including but not limited to HIV, Herpes and Hepatitis. If during the Term (as defined below) or any extended term of this contract either party should be diagnosed with or become aware of any such illness they undertake to inform the other immediately and in any event prior to any form of physical contact between the parties.

5 Adherence to the above warranties, agreements and undertakings (and any additional limits and safety procedures agreed under clause 3 above) are fundamental to this contract. Any breach shall render it void with immediate effect and each party agrees to be fully responsible to the other for the consequence of any breach.

6 Everything in this contract must be read and interpreted in the light of the fundamental purpose and the fundamental terms set out in clauses 2-5 above.

ROLES

7 The Dominant shall take responsibility for the wellbeing and the proper training, guidance, and discipline of the Submissive. He shall decide the nature of such training, guidance, and discipline and the time and place of its administration, subject to the agreed terms, limitations and safety procedures set out in this contract or agreed additionally under clause 3 above.

8 If at any time the Dominant should fail to keep to the agreed terms, limitations and safety procedures set out in this contract or agreed additionally under clause 3 above the Submissive is entitled to terminate this contract forthwith and to leave the service of the Dominant without notice.

9 Subject to that proviso and to clauses 2-5 above the Submissive is to serve and obey the Dominant in all things. Subject to the agreed terms, limitations and safety procedures set out in this contract or agreed additionally under clause 3 above they shall without query or hesitation offer the Dominant such pleasure as he may require and they shall accept without query or hesitation his training, guidance and discipline in whatever form it may take.

COMMENCEMENT AND TERM

10 The Dominant and Submissive enter into this contract on The Commencement Date fully aware of its nature and undertake to abide by its conditions without exception.

11 This contract shall be effective for a period of three Calendar Months from The Commencement Date (“The Term”). On the expiry of The Term the parties shall discuss whether this contract and the arrangements they have made under this contract are satisfactory and whether the needs of each party have been met. Either party may propose the extension of this contract subject to adjustments to its terms, or to the arrangements they have made under it. In the absence of agreement to such extension this contract shall terminate and both parties shall be free to resume their lives separately.

AVAILABILITY

12 The Submissive will make themselves available to the Dominant from Friday evenings through to Sunday afternoons each week during the Term at times to be specified by the Dominant (“the Allotted Times”). Further allocated time can be mutually agreed on an ad hoc basis.

13 The Dominant reserves the right to dismiss the Submissive from their service at any time and for any reason. The Submissive may request their release at any time, such request to be granted

at the discretion of the Dominant subject only to the Submissive's rights under clauses 2-5 and 8 above.

LOCATION

14 The Submissive will make themselves available during the Allotted Times and agreed additional times at locations to be determined by the Dominant. The Dominant will ensure that all travel costs incurred by the Submissive for that purpose are met by the Dominant.

SERVICE PROVISIONS

15 The following service provisions have been discussed and agreed and will be adhered to by both parties during the Term. Both parties accept that certain matters may arise which are not covered by the terms of this contract or the service provisions, or that certain matters may be renegotiated. In such circumstance further clauses may be proposed by way of amendment. Any further clauses or amendments must be agreed, documented and signed by both parties and shall be subject to the fundamental terms set out at clauses 2-5 above.

DOMINANT

15.1 The Dominant shall make the Submissive's health and safety a priority at all times. The Dominant shall not at any time require, request, allow or demand the Submissive to participate at the hands of the Dominant in the activities detailed in Appendix 2 or in any act that either party deems to be unsafe. The Dominant will not undertake or permit to be undertaken any action which could cause serious injury or any risk to the Submissive's life. The remaining sub-clauses of this clause 15 are to be read subject to this proviso and to the fundamental matters agreed in clauses 2-5 above.

15.2 The Dominant accepts the Submissive as theirs, to own, control, dominate and discipline during the Term. The Dominant may use the Submissive's body at any time during the Allotted Times or any agreed additional times in any manner they deem fit, sexually or otherwise.

15.3 The Dominant shall provide the Submissive with all necessary training and guidance in how to properly serve the Dominant.

15.4 The Dominant shall maintain a stable and safe environment in which the Submissive may perform their duties in service of the Dominant.

15.5 The Dominant may discipline the Submissive as necessary to ensure the Submissive fully appreciates their role of subservience to the Dominant and to discourage unacceptable conduct. The Dominant may flog, spank, whip or corporally punish the Submissive as they see fit, for purposes of discipline, for their own personal enjoyment, or for any other reason, which they are not obliged to provide.

15.6 In training and in the administration of discipline the Dominant shall ensure that no permanent marks are made upon the Submissive's body nor any injuries incurred that may require medical attention.

15.7 In training and in the administration of discipline the Dominant shall ensure that the discipline and the instruments used for the purposes of discipline are safe, shall not be used in such a way as to cause serious harm and shall not in any way exceed the limits defined and detailed in this contract.

15.8 In case of illness or injury the Dominant shall care for the Submissive, seeing to their health and safety, encouraging and when necessary ordering medical attention when it is judged necessary by the Dominant.

15.9 The Dominant shall maintain their own good health and seek medical attention when necessary in order to maintain a risk-free environment

15.10 The Dominant shall not loan their Submissive to another Dominant.

15.11 The Dominant may restrain, handcuff, or bind the Submissive at any time during the Allotted Times or any agreed additional times for any reason and for extended periods of time, giving due regard to the health and safety of the Submissive.

15.12 The Dominant will ensure that all equipment used for the purposes of training and discipline shall be maintained in a clean, hygienic and safe state at all times.

SUBMISSIVE

15.13 The Submissive accepts the Dominant as their master, with the understanding that they are now the property of the Dominant, to be dealt with as the Dominant pleases during the Term generally but specifically during the Allotted Times and any additional agreed allotted times.

15.14 The Submissive shall obey the rules ("the Rules") set out in Appendix 1 to this agreement.

15.15 The Submissive shall serve the Dominant in any way the Dominant sees fit and shall endeavor to please the Dominant at all times to the best of their ability.

15.16 The Submissive shall take all measures necessary to maintain their good health and shall request or seek medical attention whenever it is needed, keeping the Dominant informed at all times of any health issues that may arise.

15.17 The Submissive will ensure that they procure contraception and ensure that they use it as and when prescribed to prevent any pregnancy or STI.

15.18 The Submissive shall accept without question any and all disciplinary actions deemed necessary by the Dominant and remember their status and role in regard to the Dominant at all times.

15.19 The Submissive shall not touch or pleasure themselves sexually without permission from the Dominant.

15.20 The Submissive shall submit to any sexual activity demanded by the Dominant and shall do without hesitation or argument.

15.21 The Submissive shall accept whippings, floggings, spankings, caning, paddling or any other discipline the Dominant should decide to administer, without hesitation, enquiry or complaint.

15.22 The Submissive shall not look directly into the eyes of the Dominant except when specifically instructed to do so. The Submissive shall keep their eyes cast down and maintain a quiet and respectful bearing in the presence of the Dominant.

15.23 The Submissive shall always conduct themselves in a respectful manner to the Dominant and shall address them only as Sir, Master, or such other title as the Dominant may direct.

15.24 The Submissive will not touch the Dominant without their express permission to do so.

ACTIVITIES

16 The Submissive shall not participate in activities or any sexual acts that either party deems to be unsafe or any activities detailed in Appendix 2.

17 The Dominant and the Submissive have discussed the activities set out in Appendix 3 and recorded in writing on Appendix 3 their agreement in respect of them.

SAFECODES

18 The Dominant and the Submissive recognize that the Dominant may make demands of the Submissive that cannot be met without incurring physical, mental, emotional, spiritual, or other harm at the time the demands are made to the Submissive. In such circumstances related to this, the Submissive may make use of a safecode (“The Safecode (s)”). Two Safecodes will be invoked depending on the severity of the demands.

19 The Safecode “Yellow” will be used to bring to the attention of the Dominant that the Submissive is close to their limit of endurance.

20 The Safeword “Red” will be used to bring to the attention of the Dominant that the Submissive cannot tolerate any further demands. When this word is said the Dominant’s action will cease completely with immediate effect.

CONCLUSION

21 We the undersigned have read and understood fully the provisions of this contract. We freely accept the terms of this contract and have acknowledged this by our signatures below.

The Dominant

Date

The Submissive

Date

APPENDIX 1

RULES

Obedience:

The Submissive will obey any instructions given by the Dominant immediately without hesitation or reservation and in an expeditious manner. The Submissive will agree to any sexual activity deemed fit and pleasurable by the Dominant excepting those activities which are outlined in hard limits (Appendix 2). They will do so eagerly and without hesitation.

Sleep:

The Submissive will ensure they achieve a minimum of eight hours sleep a night when they are not with the Dominant.

Food:

The Submissive will eat regularly to maintain their health and wellbeing from a prescribed list of foods. The Submissive will not snack between meals, with the exception of fruit.

Clothes:

During the Term the Submissive will wear clothing only approved by the Dominant. The Dominant will provide a clothing budget for the Submissive, which the Submissive shall utilize. The Dominant shall accompany the Submissive to purchase clothing on an ad hoc basis. If the Dominant so requires, the Submissive shall, during the Term, wear adornments the Dominant shall require, in the presence of the Dominant and any other time the Dominant deems fit.

Exercise:

The Dominant shall provide the Submissive with a personal trainer four times a week in hour-long sessions at times to be mutually agreed between the personal trainer and the Submissive. The personal trainer will report to the Dominant on the Submissive's progress.

Personal Hygiene/Beauty:

The Submissive will keep themselves clean and shaved and/or waxed at all times. The Submissive will visit a salon of the Dominant's choosing at times to be decided by the Dominant, and undergo whatever treatments the Dominant sees fit. All costs will be met by the Dominant.

Personal Safety:

The Submissive will not drink to excess, smoke, take recreational drugs or put themselves in any unnecessary danger.

Personal Qualities:

The Submissive will not enter into any sexual relations with anyone other than the Dominant. The Submissive will conduct themselves in a respectful and modest manner at all times. They must recognize that their behavior is a direct reflection on the Dominant. They shall be held

accountable for any misdeeds, wrongdoings and misbehavior committed when not in the presence of the Dominant.

Failure to comply with any of the above will result in immediate punishment, the nature of which shall be determined by the Dominant.

APPENDIX 2

Hard Limits

No acts involving fire play

No acts involving urination or defecation and the products thereof

No acts involving needles, knives, cutting, piercing, or blood

No acts involving gynecological medical instruments

No acts involving children or animals

No acts that will leave any permanent marks on the skin

No acts involving breath control.

No activity that involves the direct contact of electric current (whether alternating or direct), fire or flames to the body.

APPENDIX 3

Soft Limits

To be discussed and agreed between both parties:

Which of the following sexual acts are acceptable to the Submissive?

- Masturbation
- Fellatio
- Cunnilingus
- Vaginal intercourse
- Vaginal fisting
- Anal intercourse
- Anal fisting

Is swallowing semen acceptable to the Submissive? _____

Is the use of sex toys acceptable to the Submissive? _____

- Vibrators
- Dildos
- Butt Plugs
- Other

Is Bondage acceptable to the Submissive?

- Hands in front
- Hands behind back
- Ankles

- Knees
- Elbows
- Wrists to ankles
- Spreader bars
- Tied to furniture
- Blindfolding
- Gagging
- Bondage with Rope
- Bondage with Tape
- Bondage with leather cuffs
- Suspension
- Bondage with handcuffs/metal restraints

What is the Submissive's general attitude about receiving pain? Where 1 is likes intensely and 5 is dislikes intensely: 1 – 2 – 3 – 4 – 5

How much pain does the submissive want to receive? Where 1 is none and 5 is severe:
1 – 2 – 3 – 4 – 5

Which of the following types of pain/punishment/discipline are acceptable to the Submissive?

- Spanking
- Paddling
- Whipping
- Caning
- Biting
- Nipple clamps
- Genital clamps
- Ice
- Hot wax
- Other types/methods of pain