

CODE OF CONDUCT - SHIBARI CLASSES

Welcome to La Cabäne, a space primarily dedicated to the teaching of shibari, located in the 19th arrondissement of Paris and run by Bänana. Our goal is to create an inclusive, respectful, and supportive environment for everyone, with special attention to queer and marginalized people. Thank you for contributing to making La Cabäne a place where everyone can feel comfortable practicing and as safe as possible.

⚠️ La Cabäne is strictly reserved for adults (18 years and older).

1. Respect and Inclusivity

Any form of discrimination or harassment will not be tolerated, whether related to gender, gender identity or expression, sexual orientation, race, ethnicity, disability, physical appearance, age, religion, or social background.

All ways of practicing shibari are welcome, as long as consent is respected and risks are managed. Try not to judge practices that aren't your personal preference.

Respect other people's practice! Do not invade other participants' space. Please remain calm until everyone has finished their session or exercise.

2. Consent

Before starting any practice, take the time to explore your own desires and limits, and make sure to obtain explicit and informed consent from your partners.

Talkin before sessions, and communicating during and after, is essential to reduce the risks involved.

3. Safety and Responsibilities

Shibari involves significant physical and emotional risks. Each participant is responsible for their own safety and that of their partners.

Important note: La Cabäne does not provide insurance coverage for accidents related to the practice.

As a rigger, it is your responsibility to inform your partners of key risks, including those related to the radial nerve.

Practice within your skill level, and adapt your practice to your partners' experience.

You are responsible for your equipment. Use ropes in good condition, and always have safety scissors within reach.

"STOP" is the common safeword at La Cabäne. If anyone uses it, practice must stop immediately. Failure to respect this rule may result in staff intervention to ensure everyone's safety.

The staff is present to ensure safety and to answer your questions. Their instructions must be followed immediately; discussions can happen afterward if needed.

If you're unsure about risk management or technical issues, feel free to ask the facilitators at any time.

4. Sobriety

It is strictly forbidden to consume alcohol or drugs during rope events at La Cabäne. You are also expected to be in a state that enables you to practice mindfully and safely.

5. Photos and Privacy

Photos are only allowed with the explicit consent of all people appearing in the image.

Do not take a photo thinking you'll blur someone's face afterward.

Any online posting requires additional consent from everyone visible in the photos.

Out of respect for participants' privacy, do not share information or conversations that do not directly concern you, without explicit consent from those involved.

6. Respect for the Space and Confidentiality

Please take care of the physical space: make sure to leave the venue clean and tidy after your session.

Keeping noise levels low contributes to a more pleasant environment for shibari practice.

Do not discuss BDSM, La Cabäne, or shibari in the building's common areas.

7. In Case of Issues

If you feel uncomfortable or witness inappropriate behavior, the facilitators are available to discuss it during the event or via message afterward.

Thank you for respecting these guidelines, so that La Cabäne remains a place where everyone can explore shibari with peace of mind, and in as safe a setting as possible.

La Cabäne