

that by a certain time, everyone is asked to get down to underwear only. This may seem daunting if you're not confident about your body, but it does make it an even playing field. If in doubt, call the club in advance and inquire about any rules they have or what clothes they recommend.

What if I want to say 'no'?

The rule of swinging is 'no' means 'no'. Depending on the situation, a polite shake of

nearby for help or make a complaint to the club manager or website admin team.

It's unlikely you'll want to meet up with everyone who asks you to, so knowing the best way to decline an offer can save any awkwardness. For example, if you give the person a specific reason why you don't wish to meet, this can, on occasion, result in the individual challenging you, going on to explain why you should meet them – which can make you feel that you have to justify your decision further. My personal preference is to give a simple yet standard reply saying,

find yourself on the end of any insulting behaviour or harassment of any kind, report the person to the website admin team or club manager. It is important that whatever website you use is well administered and moderated for situations such as this, and that the clubs you frequent don't tolerate this kind of behaviour.

Of course just as we can say 'no', so others can say 'no' to us. We can't be everyone's cup of tea, so accept any rejection with good grace and move on – there really are plenty more fish in the sea!

the choice to practice safe sex or not, but again 'no' means 'no', and you should never feel unable to ask a person to wear a condom or feel pressured to play with them if they won't.

Personal safety rules too!

The last but most important issue for single ladies is that of personal safety. On the internet it is easy for people to pretend to be something and someone they are not – the

public and neutral first – say a local pub – and then only go back to their hotel or home (or take them back to your home) if and when you feel comfortable. If you live alone, you may decide as a single woman it is better not to 'accommodate' (which is the term used for hosting a meeting in your home). It's also worth letting someone know who you'll be out with and where you will be. If this isn't feasible, leave a note in your home that can be found quickly should anything happen.

If you are nervous, then you may feel

don't want your full identity to be known, or just in case the person turns out not to be as genuine as you first thought. If you can afford it, it's better to get a mobile phone number that is separate from your usual one – to be used just for swinging. It is also recommended to use a generic email address, such as hotmail or yahoo that doesn't contain your real name, year of birth and all those other nuggets of personal information people tend to disclose when choosing an email account! Decide whether you wish to disclose your landline number –



the head or a hand signal may suffice. If you're in a hot tub, for example, someone may start touching your leg without saying anything, or they may ask you if you would mind them playing with you. You have the right to say 'no' if you don't want to do anything, or wish to stop playing at any time. In swinging, the lady calls the shots and has the final say – and everyone should respect your wishes. However, the occasional person may not, and a firmer 'no' may be needed. Should the person persist, the best option will depend on the situation, but it may be best if you physically walk away, then ask someone

'Sorry, you're not what I'm looking for – but have fun'. Given how popular single females are, you may find yourself with far more offers than you can take on, so to reduce the number of unsuitable requests, try to state clearly in your online profile what you are looking for, and also what you don't want. Not that everyone bothers to read profiles!

Even if you give a polite 'no thanks', some people don't handle rejection well. Luckily this is rare, but when it does happen, it can result in insults, or even harassment. It proves very quickly that the person was not someone you'd wish to meet anyway. If you

Safe sex rules!

Sexually transmitted diseases are a risk for sexually active people, and for ladies there's the added complication of the risk of pregnancy. Condoms are recommended as standard; also appropriate protection for oral sex, such as a condom or dental dam – and any additional contraceptive of your choice. If someone doesn't want to use a condom, then you need to decide whether to compromise your own standards. Some people choose to swing 'bareback', meaning without a condom, and every individual has

vast majority of swingers are absolutely genuine, but you can never be too careful. It is advisable that you chat on the telephone prior to meeting the person/s – there are occasional cases of a supposed 'couple' actually being a single man, very likely trying to increase his chances of a meet. If you are meeting a couple, then ask to speak to the female half of the pair to check they are genuine. Be wary if she is always 'out', 'not available' or is suddenly unable to make the meet and the man turns up alone.

If you've never met him/her/them before, it's advisable to meet somewhere

some Dutch courage will help, however, be careful that you don't get so drunk that you become incapacitated or compromise your ability to make good judgement calls. If you do get drunk, try to be around people you trust, so that they will have your interests at heart and if necessary, will take care of you.

Consider carefully how much information you wish to give out about yourself – would it cause problems for your job or family if someone found out you were a swinger? People can be identified relatively easily with the power of the internet, so be cautious what you tell people if you either

after all, you may only meet a person once and decide not to see them again – so you don't want them to have your home number.

Having said that...

Swinging is great fun and very sociable, and you can build up long-lasting friendships. As a single swinger, a 'swingle' for short, you will be far from alone, as there are plenty of other singles on the scene – but please sir, could we have some more ladies! Many say they wished they had tried it years ago – so come on girls, dip your toe in the water, play full on, play safe – but most of all, have fun!