

## Tan and Dowr Sauna and Cold Plunge – Waiver

### 1. Acknowledgment of Risks

- I acknowledge that sauna and cold plunge therapies expose me to extreme temperatures and carry inherent risks such as heat exhaustion, heat stroke, cold shock, hypothermia, dizziness, fainting, and abnormal heart rhythms.
- I understand these risks and agree to use the facilities **at my own risk**.

### 2. Medical Advice

- I confirm that I have consulted with my GP—or will consult—if I have any doubts about safely using the sauna or cold plunge, this includes but is not limited to:
  - pregnancy
  - recovering from a heart attack or stroke
  - taking any medications
  - affected by cardiovascular, respiratory, neurological, or blood pressure conditions
  - managing epilepsy, asthma, or arterial disease
  - recovering from joint or muscle injury

### 3. Compliance with Health Recommendations

- I agree not to use the sauna or cold plunge if advised otherwise by my GP. I will stop using the facilities and seek medical attention if I feel unwell, dizzy, light-headed, or uncomfortable.

### 4. Adherence to Session Limits

- **Sauna:**
  - I will not exceed 20 minutes per session.
  - I will not exceed 60 minutes total per day.
  - I will rest for at least 5–10 minutes between sessions.
- **Cold Plunge:**
  - I will not exceed 10 minutes per session.
  - I will not exceed 20 minutes total exposure per day.
  - I will rest and rewarm for at least 10 minutes between plunges.
  - As a beginner, I will start with shorter durations (e.g. 2–3 minutes per session).

### 5. Safe Use of Wood-Fired Sauna

- I understand that the sauna is **wood-fired and extremely hot**.

- I will not touch the stove, stove door, flue chimney, sauna rocks, or fire guards.
- When pouring water over the rocks, I will use the provided ladle and bucket, pouring from the point furthest from myself to avoid scalding.

#### 6. Under 16's

- I acknowledge that Children of 16 years and under are permitted to use the Sauna, with an Adult Family Member/guardian present at ALL TIMES during the hire and use of the sauna.
- I understand that no under 16's are allowed use of the Cold Plunge/Cold Shower.
- I understand that if I, or anyone in my group is aged 16 years or younger an additional waiver must be signed by a parent/guardian/adult family member before entry.

#### 7. Personal belongings:

- I understand that the facility does not provide lockers or secure storage.
- I acknowledge that I must keep track of and secure my own belongings at all times.
- The provider (Tan and Dowl) accepts no responsibility or liability for any loss, damage, theft, or misplacement of personal items—including valuables, clothing, electronics or jewellery—occurring on the premises.

#### 8. Sauna etiquette:

- I confirm that I will adhere to the rules of sauna and understand that Tan and Dowl reserve the right to refuse admission for any reason that may be deemed a health and safety risk or for any behaviour against sauna rules. I understand refunds will not be offered in these circumstances. This includes:
  - Adhering to booking times.
  - Entering and exiting the sauna with care.
  - Removing shoes before entering.
  - Sitting on a towel at all times.
  - Not using essential oils/soap in the sauna/cold plunge/shower.
  - Wearing appropriate clothing at all times.
  - Removing any hanging jewellery before entering the sauna.
  - Not using the facilities intoxicated.

By signing below, **I acknowledge that I have read and understood** this waiver, **I voluntarily accept all inherent risks**, and **I take full responsibility for my own health, safety, and conduct** in using the sauna and cold-plunge facilities.

Print name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_