



## **Infrared Sauna Use Waiver and Release of Liability**

### **Terms and Conditions**

- Sauna is for Elite Health & Fitness members only and available during staffed hours only
- All appointments must be scheduled ahead of time, drop-ins are not allowed
- For last-minute appointments, you must call at least 30 minutes prior to your desired appointment time to check availability.
- Cancellations must be 2 hours prior to your appointment. No shows are any non-cancelled appointments or 5 mins later than scheduled time. No shows will incur a \$10 penalty and must be paid prior to next appointment.
- Smokers may not use the sauna as the smoke will damage the sauna wood and sweat from the pores will leave an unpleasant odor.
- Clothes must be worn at all times.
- Flip Flops are recommended for your feet while using the sauna.
- All Elite towels must be placed in the laundry after use.
- Sauna users must use the sauna room for changing clothes. Do not walk back and forth from the locker room to change.
- Elite staff will set your temperature. Do not adjust the settings once you are using the sauna.
- Maximum of 2 people in the sauna at any time. No one under the age of 18 is allowed to use the sauna unaccompanied.
- Do not use any chemicals or lotions prior to your sauna session.
- Pregnant women, anyone using medication, or anyone in doubt of your ability to use the sauna should consult a physician before using.
- The use of drugs or alcohol prior to or during your visit is strictly prohibited and could result in serious injury.
- It is advisable to drink plenty of water before and after sauna session. Water bottles are not permitted in the sauna. It is advised not to eat at least one hour prior to your session.

I acknowledge and accept the risks inherent in the use of the infrared sauna. I voluntarily assume the risk of injury, accident or death, which may arise from the use of the sauna. I and any of my heirs, executors, representatives or assigns hereby release from all claims or liabilities for personal injury or property damages of any kind sustained while on the premises, during the use of the sauna and from any advice provided by an employee, independent contractor or any representative of Elite H&F. I agree that this waiver is in effect for all sauna sessions and will not expire unless requested by either party and understand it is my personal responsibility to consult with my Doctor regarding my participation.

Name (Print): \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Name (Sign): \_\_\_\_\_ Member Number: \_\_\_\_\_