

SAUNA SAPIEN

DISCLAIMER OF LIABILITY AND ACKNOWLEDGEMENT OF RISK FOR THE CUSTOMER

Name: _____

First name : _____

Before signing this waiver, please read it carefully, fill in the blanks, and sign at the end.

I, the undersigned, hereby certify that I have been warned and informed of the inherent dangers associated with the use of ice baths and saunas; I certify that I am aware of these risks and the risks associated with the improper use of the equipment rented from Sauna Sapien;

I understand and acknowledge that the use of a sauna and/or ice bath involves risks that Sauna Sapien cannot assume, especially regarding the health condition of its clients and participants who have access to the rented equipment; Therefore, I assume all risks of bodily harm in case of misstep, fall, overturning, hypothermia, heart palpitations, burns, and any event that could cause bodily injuries. Sauna Sapien cannot be held responsible for another participant to whom I grant access to the equipment and who may suffer injuries following their use or in case of an accident; I declare that I am not under the influence of any substances that may affect my abilities, and I agree not to consume alcohol or drugs prior to using the equipment rented from Sauna Sapien. I also agree to ensure that individuals with access to the equipment are also not under the influence of alcohol, drugs, or in a health condition that prevents them from using the rented equipment. I hereby agree to follow and abide by the guidelines and rules provided and explained by Sauna Sapien and to consult the contraindications set forth by Sauna Sapien regarding their equipment, in Annex A and B.

Therefore, I will personally assume all expenses and costs arising from my actions. I also release Sauna Sapien from any liability with respect to property losses and damages that may result from the activity. I hereby waive any claims against Sauna Sapien, other participants, and its officers, regardless of injuries or damages caused by the use of the rented equipment, i.e., the sauna or ice bath. This waiver applies to injuries or damages that may also result in the loss of a limb and/or long-term health problems. Furthermore, dependents, attorneys, heirs, or any third party shall not have the right to file a lawsuit against Sauna Sapien, its participants, and its officers.

I declare that I am satisfied with the explanations provided by Sauna Sapien regarding the use of the equipment and that I have read the user manuals and have addressed my questions to a Sauna Sapien representative: _____

I understand that the terms of this document are contractual, that I am bound by my signature to the clauses contained herein, and that I have signed this document of my own free will. I RELEASE SAUNA SAPIEN AND ALL PARTICIPANTS AND OFFICERS FROM ANY DAMAGES ARISING FROM THE USE OF ITS EQUIPMENT, REGARDLESS OF THE CAUSE. I HAVE FAMILIARIZED MYSELF WITH THE CONTENT OF THIS WAIVER BY READING THE TEXT IN ITS ENTIRETY BEFORE SIGNING IT."

Customer's Signature _____

Date _____

ANNEX A – Contraindications Related to Sauna Use

Saunas and ice baths are popular methods of heat and cold therapy, respectively, that can offer various health benefits. However, they are not suitable for everyone, and there are certain contraindications to consider before

using them. It is important to consult a healthcare professional if you have underlying health issues or concerns. Here are some contraindications for the use of saunas and ice baths:

- 1. Cardiovascular Issues:** Individuals with heart problems, such as heart disease, high blood pressure, or a history of heart attacks, should use saunas with caution or avoid them altogether. The heat in saunas can increase heart rate and put additional stress on the cardiovascular system.
- 2. Respiratory Problems:** People with respiratory issues such as asthma or chronic obstructive pulmonary disease (COPD) may find that the heat and humidity in saunas worsen their symptoms or make breathing more difficult.
- 3. Pregnancy:** Pregnant women should avoid prolonged exposure to high heat, as it could increase the risk of birth defects or complications.
- 4. Dehydration:** Saunas can lead to dehydration due to excessive sweating. Individuals with conditions that compromise their ability to stay hydrated, such as kidney problems, should avoid saunas.
- 5. Skin Issues:** Individuals with skin problems such as eczema, psoriasis, or open wounds may experience discomfort or worsening of their condition due to the heat and humidity.
- 6. Medications:** Some medications, such as antihypertensives, diuretics, or certain drugs affecting blood circulation, may interact with the effects of the sauna. Consult a healthcare professional if you are taking medications.
- 7. Alcohol or Drugs:** Avoid using a sauna if you are under the influence of alcohol or drugs, as they can impair your body's ability to regulate temperature and increase the risk of dehydration.
- 8. Children:** Saunas are not recommended for young children due to their sensitivity to heat. Children should be supervised if they use the sauna, and for a limited duration."

ANNEXE B – Contraindications Related to Ice Bath Use

- 1. Cardiovascular Issues:** Just like with saunas, individuals with heart problems or high blood pressure should be cautious with ice baths. The shock of cold water can lead to a sudden increase in blood pressure.
- 2. Respiratory Problems:** Immersion in cold water could trigger respiratory issues in individuals with respiratory disorders.
- 3. Cold Allergies or Sensitivity:** Some people have cold-induced urticaria or other adverse reactions to cold exposure. They should avoid ice baths.
- 4. Open Wounds or Infections:** Submerging open wounds or infections in icy water can worsen the condition or increase the risk of infection.
- 5. Pregnancy:** Pregnant women should be cautious with extreme temperature changes as it can affect blood circulation and cause discomfort.
- 6. Raynaud's Disease:** People with Raynaud's disease, a condition characterized by reduced blood flow to the extremities in response to cold or stress, should avoid ice baths.
- 7. Neurological Issues:** Individuals with certain neurological conditions may have reduced sensation or impaired ability to react to temperature changes, making ice baths dangerous.

Always prioritize your health and safety. If you have doubts or concerns, consult a healthcare professional before using saunas or ice baths, especially if you have underlying health issues.