

## **Synergy Sauna & SPA Member & Guest Rules and Regulations**

### **Agreement to use Synergy SPA**

To proceed with this agreement you must be at least eighteen (18) years of age and be able to enter into a legal agreement. If you are under the age of eighteen (18), or unable to enter into a legal agreement, your parent or legal guardian must read and agree to the terms herein by signing this agreement where indicated below.

To help ensure your safe use and enjoyment of our facilities, we have established the following rules and regulations that we require everyone to follow. Our rules and regulations may also be verbally communicated to you or printed on signs posted at the front desk. Please review and familiarize yourself with them. You may ask to speak with one of our staff members if you have any questions.

### **HEALTH AND SAFETY**

The Spa requires all members/guests who have any health, mobility or any other condition which requires the assistance of another person, regardless of age, to be accompanied by an adult member/guest at all times while visiting the SPA. That person must be of the same gender and be able to assist the person in their charge without needing assistance in any way for him/herself. Anyone entering the Spa assumes full responsibility of their medical/health condition, to include but not limited to, any medications the guest or member may be taking which could result in a medical emergency or unsafe condition. All members/guests must know their own limitations and assumes all risks associated with any activities in which they may engage in at the Spa. The SPA and its staff is not trained to diagnose, examine or treat any medical condition of any sort and any comment or suggestions should not be construed as being medically appropriate. Do not use the SPA's facilities if you have or have been told you have any condition including open cuts, abrasions, sores, infections, maladies or the inability to maintain personal hygiene or if such a condition poses a threat to the health or safety of yourself and or others. You agree to use the facilities in accordance with all applicable public health requirements. It is the responsibility of each member/guest to consult with their medical professional to determine if they have any of these medical conditions and, if so, whether such a condition poses a threat to the health or safety of yourself or others. The SPA reserves the right to refuse entry to anyone that may pose a health or safety risk to other members/guests or the staff of the SPA. Anyone under the age of 18 must provide the consent of a parent or legal guardian prior to entry with a signature on the waiver form provided in this document. In doing so the parent or legal guardian assumes any and all risk and liability of the minor during the entire time period said minor is at the SPA. No horseplay of any kind is permitted at the SPA. Any violation of our policies, rules or regulations may result in the removal of both the parent and children from the SPA. No refunds will be issued if members/guests are asked to leave the SPA. After leaving Sauna it is customary to cool yourself down by pouring a bucket of cold water on your body. However it is not recommended to pour cold water over your Head, as it may impose Health conditions. You are welcome to cool yourself down by pouring cold water ONLY below your neck. When entering the sauna you should wear a special hat.

### **MASSAGE**

Body massage involves physical contact and varying degrees of pressure which is applied to and through the skin to affect the muscles, including some stretching of the body. Even though care is taken to ensure none of our members/guests experience any discomfort during this process, we are not always able to account for the uniqueness of each individual or any pre-existing conditions and or sensitivities. Members/guests are fully responsible to alert the therapist to any bodily condition and explain how they

would like the proceed. It is the responsibility of the member/guest to alert the therapist immediately to any discomfort and request any modifications during the treatment.

**DO NOT LEAVE VALUABLES UNPROTECTED. THE SPA IS NOT RESPONSIBLE FOR LOST OR STOLEN ARTICLES.**

All members/guests waive their right to pursue any action, legal or otherwise, against the SPA for any missing items regardless of how those items came to be missing. SPA employees are not responsible for any lost or damaged personal items. No hair dyeing or bleaching is permitted at any time anywhere in the SPA. No glass containers are permitted at any time anywhere in the SPA. No body oils or creams (suntan, baby oil, etc.) are permitted in the wet areas. No shaving is permitted on SPA premises . Members/guests must shower with soap and warm water prior to entering wet areas. For personal hygiene, all members/guests should shower after using wet areas. No diving, racing, running, horseplay, eating, drinking or personal grooming is permitted in wet areas. Please follow all posted signs carefully.

**PERSONAL CONDUCT**

Members/guests are subject to the control and guidance of our staff and must follow their instructions while at the SPA. Members/guests agree to conduct themselves in a quiet and well-mannered fashion when in or about the Spa and not cause any disturbances or interfere with the safe use or enjoyment of the SPA by other members/guests. Members/guests shall not conduct, purchase or subscribe to any commercial business or activity on SPA premises or solicit other members/guests for any reason without the prior written consent from the management of the SPA. Under no circumstances shall members/guests interfere with the conduct of SPA business. Any complaints (other than those of an emergency nature or requiring immediate attention by our staff) shall be made directly to the manager, in private. The SPA reserves the right to eject from the premise and or revoke/suspend the membership of any member/guest who fails to follow the rules and regulations or for any reasons of nuisance, disturbance, moral turpitude or fraud. Refunds will not be provided in these instances.

**NO SMOKING/CHEWING tobacco**

In the interest of providing a healthy and safe environment for our members/guests, the use of any type of tobacco or nicotine products, including but not limited to smokeless tobacco, e-cigarettes, and nicotine/chewing tobacco inside the Spa is strictly prohibited.

**TELEPHONES**

Except in the event of an emergency, members/guests may only use their mobile/smart phones outside of the wet spa/locker rooms and dry sauna rooms. If you must use your phone, please be considerate of others and refrain from loud or boisterous conversations as this can be very disruptive to the relaxation and enjoyment of the SPA.

**FOOD AND DRINKS**

No outside food and/or drinks are permitted in the SPA. Food and drinks purchased inside the Spa are permitted only in designated areas and never inside the locker rooms or in any wet or dry sauna rooms. The SPA does not allow food to be taken to go.

**ALCOHOL AND DRUGS**

Alcoholic beverages are not permitted on SPA premises. If anyone is believed to be under the influence of alcohol or drugs the SPA reserves the right, and the staff is authorized, to deny entry and or remove that person from the property.

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**Never use SPA facilities while under the influence of drugs or alcohol. If you are taking medication of any kind, or being treated for any illness, consult your physician prior to using our facility. GUESTS UNDER AGE 18, who is not coming to the facility with a parent or legal guardian who is 21 years, must have the waiver signed before entering.**

## WAIVER AND RELEASE

First name \_\_\_\_\_ Last name \_\_\_\_\_

DOB \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Province \_\_\_\_\_ Postal code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact \_\_\_\_\_

Emergency contact phone number \_\_\_\_\_

PLEASE ANSWER THE FOLLOWING QUESTIONS:

1. Have you ever used sauna before?    YES    NO
2. Are you pregnant?    YES    NO    How far along?
3. Are you taking any medications?    YES    NO
4. Diagnosed with any medical condition, such as Anhidrosis, that may limit or prevent your ability to sweat?    YES    NO
5. Do you have unstable angina?    YES    NO
6. Have you had a recent heart attack?    YES    NO
7. Do you have severe arterial disease?    YES    NO
8. Have you been diagnosed with any other medical condition?    YES    NO

If "yes", please explain your condition:

If you answered "yes" to any of the above questions; have you consulted with your medical provider about using a far infrared Sauna?    YES    NO

BY VOLUNTARILY SIGNING THIS DOCUMENT, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND ALL OF ITS PROVISIONS, AND I AM AT LEAST 18 YEARS OF AGE. I ALSO CONSENT TO AUTO-RENEW MY ACKNOWLEDGEMENT EACH TIME I ENTER OR USE THE SPA WITHOUT PROVIDING A SIGNATURE EACH TIME.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)  
This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, to the fullest extent permitted by law.

Parent/Guardian If Minor \_\_\_\_\_ Date \_\_\_\_\_

Emergency Phone \_\_\_\_\_