

Sauna and Cold Plunge Waiver



By using the sauna and cold plunge facilities at Advantage Padel, you acknowledge and agree to the following terms and conditions:

General Use & Conduct

- Nudity is strictly prohibited.
- Advantage Padel reserves the right to refuse admission to any intoxicated person.
- No food, drink, or glass items are permitted near the sauna or cold plunge.
- Children under the age of 16 are not permitted to use the sauna or cold plunge.
- All users must remove footwear, hanging jewellery, glasses, and contact lenses before entering the sauna or cold plunge.
- Advantage Padel is not responsible for any lost, stolen, or damaged belongings.

Health & Personal Responsibility

- All persons use the sauna and cold plunge entirely at their own risk.
- By using these facilities, you confirm that:
 - You do not have any medical condition that would make use unsafe; or
 - You have consulted a medical professional who has confirmed it is safe for you.
- You accept full responsibility for your ability to tolerate cold exposure in the cold plunge and heat exposure in the sauna.

You must NOT use the sauna or cold plunge if you:

- Have a heart condition;
- Suffer from high or low blood pressure, circulatory disorders, epilepsy, or diabetes;
- Are pregnant;
- Are prone to dizziness or fainting;
- Feel unwell, dizzy, or dehydrated.

Sauna Etiquette

- Shower before entering.
- Do not enter with open wounds or infections.
- Always sit on a towel.
- Limit sessions to a maximum of 20 minutes (recommended 10–15 minutes).
- Stay hydrated before and after use.
- Exit immediately if you feel dizzy, light-headed, or uncomfortable.
- Cool down gradually after use.
- When using water on the sauna stove: drizzle gently – do not pour excessively.

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- Only use the provided sauna water on the hot rocks.

Cold Plunge Etiquette

- Shower before entering.
- Do not enter with open wounds or infections.
- Maximum recommended immersion time is 2–3 minutes.
- Keep your head above water at all times.
- Exit immediately if you feel uncomfortable, dizzy, or numb.

Risk Acknowledgement

- Cold water immersion may cause cold shock, rapid breathing, dizziness, or fainting.
- Prolonged sauna use may cause dehydration, dizziness, fainting, or heat stress.
- Movement between the sauna and cold plunge area carries risks, including slips, falls, or injury. You accept full responsibility for your safety in this area.

Facility Rules

- Personal essential oils or products are not permitted. Unapproved substances may cause toxic reactions, fire hazards, or slippery surfaces.

Non-Commercial Use

- By booking, you confirm this session is for personal/private use only.
- You are not booking as a practitioner, facilitator, or business for commercial purposes (e.g., classes, workshops, or resale).

Right to Refuse Service

- Advantage Padel reserves the right to refuse entry, shorten, or cancel sessions if:
 - There is a health and safety concern;
 - Behaviour is deemed unsafe; or
 - These rules are not followed.
- No refunds will be issued to individuals refused entry.

Liability Waiver

- Advantage Padel accepts no liability for any injury, illness, accident, loss, or damage arising from the use of the sauna or cold plunge facilities.

By proceeding with your booking and use of these facilities, you confirm that you have read, understood, and agree to abide by this waiver.

Name:

Signature:

Date: