

## The Lost Faucet Sauna House Ltd. - Questionnaire / Waiver

Name		Date	
Date of Birth			
Address		City	
Email		Phone Number	
Emergency contact name		Emergency Contact number	

**By signing this waiver I agree that my info be kept on file for future visits, contact purposes and contact tracing**

**Saunas are generally safe for most users, however the following listed conditions are considered contraindications for the sauna use.** Please indicate if any of the following apply to you:

1	Do you have high/low blood pressure?	yes	no
2	Do you have circulatory problems?	yes	no
3	Do you suffer from congestive heart failure?	yes	no
4	Do you have a pacemaker or defibrillator?	yes	no
5	Are you presently intoxicated due to consumption of drugs or alcohol?	yes	no
6	Do you suffer from Parkinson's or Multiple Sclerosis?	yes	no
7	Do you suffer from a central nervous system disorder or diabetic neuropathy?	yes	no
8	Are you pregnant? If yes you will need a doctor's note or to sign that you have consulted w/ a doctor	yes	no
9	Do you have a fever?	yes	no
10	Have you had a recent joint or tissue injury of inflammation that is still hot or swollen?	yes	no
11	Are you prone to bleeding or do you have recent wounds from an operation?	yes	no
12	Are you currently taking diuretics, barbiturates, beta-blockers or antihistamines?	yes	no
13	Are you under the age of 19 or over the age of 65?	yes	no
14	Do you have a metal pin, rod, artificial joint or other surgical implants?	yes	no
15	Do you have a hard time breaking a sweat?	yes	no
16	Other conditions or allergies including essential oils, iodine or trees (please list)	yes	no

**If you answered 'yes' to any of the above questions, you should consult with your physician before using our saunas or use extreme caution when using our saunas. We strongly recommend to consult with your doctor if your condition could be negatively affected by sauna use. In the rare event that you experience pain and/or discomfort, dizziness, lightheadedness, or disorientation, immediately discontinue sauna use and inform our staff about your condition.**

**Water consumption is a requirement for using the sauna. All sauna users are required to drink water before, during and after a sauna sessions.**

### Information on contraindications and cautions for sauna and sauna house use

**Age requirement** - This facility requires all clients to be 19 years old and over to enter, to be able to sign this waiver personally.

**Saunas and the Elderly** - The ability to maintain core body temperature may decrease with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling process in order to maintain core body temperature.

**Saunas and Cardiovascular Conditions** - Individuals with cardiovascular conditions or problems (hypertensions / hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin and respiratory system. This takes place primarily due to major changes/increases in the heart rate.

**Sauna and Alcohol / Alcohol abuse** - Alcohol intoxication decreases a person's judgement; therefore he/she may not realize when the body has a negative heat reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress. The staff of the Lost Faucet Sauna House maintains the right to deny entry to anyone who is obviously exceedingly under the influence of alcohol or cannabis or ask them to leave.

**Sauna and Chronic Conditions / Diseases associated with reduced ability to sweat or perspire** - Multiple Sclerosis, Central Nervous system tumours and diabetes with neuropathy and conditions that are associated with impaired sweating.

**Saunas and Hemophiliacs / Individuals prone to bleeding** - the use of sauna should be avoided by anyone who is predisposed to bleeding.

**Sauna and Insensitivity to heat** - an individual with insensitivity to heat should not use a sauna.

**Saunas and pregnancy** - pregnant women should consult a physician before using a sauna.

**Saunas and Joint injury** - While some saunas (infrared) have supporting evidence that sauna use may be beneficial to joints, care for a recent injury (within 48 hours) to a joint should be under the advisement of a doctor. Heating a recent joint injury is not recommended.

**Saunas and implants** - If you have metal pins, rods, artificial joints or any other surgical implants, you should consult your physician prior to using a sauna.

**Sauna house conditions** - As a sauna house there may be areas with water on the floor and they may slippery. Use caution when moving about the space.

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## Disclaimer / Waiver

I understand that the services offer by The Lost Faucet Sauna House Ltd. (TLFSHL) are for the purpose of relaxation and overall wellness and are not intended to take the place of medical care or medications.

I have read the above disclaimer, I have had the opportunity to ask any questions about its content, and by signing I agree that I am currently not suffering from any of the contraindications in TLFHL Medical questionnaire. I agree to disclose to TLFSHL if my medical history changes during the period of participating in sauna sessions.

It is solely my responsibility to monitor my body/reactions and determine if it is appropriate to use the sauna. I alone am responsible for my safety and well being. If I experience pain, dizziness, or any discomfort during my sauna session, I am responsible for immediately stopping my sauna session.

I acknowledge that sauna houses have areas of water and floors may be slippery therefore I am full responsible for any injuries related to slipping on the floor and other surfaces. I know that I am also responsible for all my personal items. I acknowledge that TLFSHL retains the right to deny entrance or remove anyone who is exceedingly under the influence of alcohol or cannabis.

**I understand the risks of entering The Lost Faucet Sauna House specifically during the COVID-19 pandemic. I acknowledge that there is a greater risk to those over 65 and who have a pre-existing condition or are immune compromised. I have read the TLF COVID-19 plan. I acknowledge that my information will be kept for future contact tracing purposes.**

I have read the above statement and I understand that the use of sauna may involve a physical and/or mental risk. By signing below, I assume the risk and responsibility for **any and all** injuries and damages that arise from using the sauna and hereby waive and release the Lost Faucet Sauna House Ltd. and its staff from any and all liability in connection with the use of the sauna house. This waiver is valid for all future visits by the undersigned. If on subsequent visits anything has changed relevant to this waiver form, it is the responsible of the undersigned to inform the staff and sign a new waiver.

**Client Name :**

**Signature:**

**Date:**