



We're Passionate About Community

### **Sauna Rules**

**Check-In:** You must check-in 90-minutes prior to your session on the app or inside the gym/CrossFit Chippewa Falls before entering the sauna.

**Dress Code:** Clothing must be worn at all times. Nudity is not permitted. We recommend a bathing suit, a t-shirt, wrap or robe. Use of proper footwear is recommended at all times. Towels are required to be used in the sauna during your sessions for cleanliness. Please place a towel down on the benches prior to sitting down. Please sit on the towel so that it can absorb any sweat or perspiration during your session. We suggest removing any jewelry containing metals. Metal will retain heat and therefore, it is recommended to be removed prior to your sauna sessions.

There is a maximum of 40-minutes per session in the sauna. We ask that you respect this policy and make sure that you stay within this time frame. It is up to you to keep track of your time limit and make sure that you do not exceed this. Not doing so or exceeding this time frame can result in dismissal from the facility.

**Membership Details:** I understand that my account will be charged the full membership price every month and that if I do not show up for sessions I will not receive a credit or refund. The service will not be carried over.

**Personal Belongings:** I understand that CrossFit Chippewa Falls has provided an area for personal belongings to be stored during sauna sessions, however, I agree that CrossFit Chippewa Falls is in no way responsible for the loss or damage of my belongings while I partake in sauna sessions.

**Use of Electronics:** Phones and electronics don't like heat. Absolutely no photos are allowed to be taken inside the sauna. Please respect the other guests and do not talk or play music on your device while using the sauna. If you choose to use any electronics during your sauna sessions do so at your own risk. CrossFit Chippewa Falls is not liable for these.

**Food/Beverage:** No food is allowed inside the sauna. No glass containers or bottles are permitted at any time in our sauna. Absolutely no smoking and/or e-cigarettes of any kind are permitted in our facility.

This is an adult only facility. You must be over the age of 18 to use our sauna. By signing this form you consent that you are over the age of 18.

Check with a doctor before using our facility if pregnant, diabetic, have health issues, concerns and/or are under medical care. This includes a history of dizziness or fainting. This also includes any metal pins, rods, artificial joints or any surgical implants including silicon.



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Anyone entering the sauna assumes full responsibility of their medical/health condition, to include but not limited to, any medications the guest may be taking which could result in a medical emergency or unsafe condition. All guests must know their own limitations and assume all risks associated with any activities in which they may engage in at CrossFit Chippewa Falls.

By signing our waiver you understand the risks and have consulted with a medical professional. You understand and take full responsibility for your own health and well-being.

CrossFit Chippewa Falls requires any guest who has any health, mobility or any other condition which requires the assistance of another person, regardless of age, to be accompanied by another adult guest at all times.

It is advised to drink plenty of water before and after your sauna sessions, it is advised not to eat at least one to two hours prior to your sauna sessions to avoid any ill feelings. Our sauna ranges in temperature and humidity. Prolonged exposure to the sauna may cause your body to overheat. You need to know what your body can handle for temperature. Overexposure to high temperatures and humidity can be dangerous to your health. Exit immediately if nauseous, uncomfortable, dizzy or sleepy.

Do not use the facility if you have recently consumed alcohol, drugs or medications. Use at your own risk. Be aware that direct contact with the heating unit/sauna rocks or sauna heaters may cause serious injury. Any metal in the sauna or steam room will retain heat and therefore is not suggested to bring into the heated rooms or use during your sauna or steam sessions.

Use care when entering or exiting the sauna. The floors may be slippery and dangerous due to moisture. Benches in the facility are there for your convenience. Please use caution when climbing or walking on the benches. Do so at your own risk.

The sauna uses various essential oils.. Please use at your own risk. Leave the room immediately if you have any adverse or allergic reaction, including difficulty breathing or eye, nasal or throat irritation.

I understand that the sauna is provided for the basic purpose of relaxation and relief of muscular tension. If I experience any pain or discomfort during the session, I will immediately exit the sauna.