

SAUNA USE WAIVER & RELEASE OF LIABILITY

To be completed by every guest prior to sauna use

Business Name:	Date:
Participant Name (print):	Date of Birth:
Address:	
Phone:	Email:
Emergency Contact (name & phone):	

1. Age Acknowledgment

I confirm that I am at least 18 years of age. If I am under 18, this waiver is not valid unless signed by my parent or legal guardian in the section below.

2. Health Acknowledgment & Assumption of Risk

I acknowledge that sauna use involves exposure to high heat and may carry health risks, including but not limited to dehydration, overheating, dizziness, fainting, burns, and cardiovascular strain. I confirm that I do not have any medical condition that would make sauna use unsafe for me, including but not limited to heart disease, high or low blood pressure, pregnancy, epilepsy, or any condition for which I take medication that could be affected by heat exposure. If I am uncertain about my fitness to use the sauna, I confirm that I have consulted a physician beforehand. I will not use the sauna while under the influence of alcohol or drugs, and I am voluntarily choosing to use the sauna with full knowledge of these risks.

3. Rules of Use

I agree to follow all posted rules and staff instructions, including:

- Recommended maximum session length as posted by the business
- Staying hydrated before and after use
- Exiting immediately if I feel dizzy, nauseous, or unwell
- Not using the sauna alone if I have any health concerns
- No alcohol or drug use before or during sauna sessions
- No oils, lotions, or flammable substances inside the sauna
- Guests under 18 are not permitted to use the sauna unless accompanied and approved per facility policy

4. Release of Liability

In consideration of being permitted to use the sauna provided by the above-named business, I, for myself, my heirs, executors, administrators, and assigns, release, waive, discharge, and covenant not to sue the business, its owners, employees, and agents from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by me while using the sauna, whether caused by negligence or otherwise, to the fullest extent permitted by law.

5. Voluntary Participation

I understand that my use of the sauna is entirely voluntary and that I assume full responsibility for my own health and safety while using the facility. I have read this waiver, understand its terms, and sign it freely and voluntarily.

Participant Signature Date

Parent / Guardian Consent (required if participant is under 18)

I am the parent or legal guardian of the above-named minor participant. I have read this waiver on their behalf, understand its terms, and consent to their use of the sauna facility subject to the terms above.

Parent / Guardian Name (print)

Parent / Guardian Signature

Date

This document is a general template provided for convenience and does not constitute legal advice. Liability waiver laws and enforceability vary by state and jurisdiction. We strongly recommend having this waiver reviewed and customized by a licensed attorney in your state before use.