

Woodside sauna

RULES AND REQUIREMENTS FOR USING THE SAUNA

1. Before entering the sauna, please make yourself familiar with these rules and requirements. While also strictly following the instructions of use and information given by our service personnel.
2. Only people of good general health should use the sauna and by doing so do declare as such. The sauna is not recommended for;
 - people with circulatory disorders,
 - people at the beginning of or suffering from a cold, influenza etc.
(however regular use of the sauna can help prevent contracting these),
 - people suffering from severe diabetes,
 - people who have visual signs of skin disease; infections, rubella etc.
 - people under the influence of alcohol or drugs,
 - pregnant women,
 - women during menstruation.
3. In case of discomfort exit the sauna immediately and contact the sauna personnel.
4. After using the sauna any physical effort is not recommended for the remainder of the day.
5. Minors can use the sauna only if accompanied by an adult guardian.
6. Before arriving at the sauna, a shower with soap is obligatory to remove all cosmetics and contaminations from the body and to ensure that the sauna remains hygienically clean.
7. Take off all metal jewellery in order to avoid burns.
8. You must not enter the sauna wearing glasses or contact lenses.
9. You must use the sauna wearing only cotton. In the form of towels and sheets as provided.
10. On the premises of the sauna it is forbidden to;
 - enter the sauna fully clothed or in shoes,
 - perform cosmetic routines,
 - bring in dishes, food or any other objects,
 - bring in alcohol,
 - behave in an indecent way, or in any other way commonly regarded as obscene or insulting,
 - smoke,
 - destroy or damage the sauna and related equipment or facilities
11. The users of the sauna are obliged to keep the order and cleanliness of the used premises.
12. Caution must be taken around the wood burner, especially when adding wood to heat the sauna during the sauna process and under no circumstances should any other type of fuel be used.

13. Persons violating the order or the provisions of these rules and requirements shall be asked to leave the premises.
14. Woodside sauna assumes no responsibility for accidents resulting from not following these rules or instructions from our personnel at Woodside sauna.

WAIVER AND RELEASE

In signing this release to obtain entrance into and use of Woodside sauna's property and facilities, I Understand it and sign it voluntarily of my own free act and deed; no oral representations, statements or inducements, apart from the foregoing written agreement, have been made.

I acknowledge to voluntarily engaging in any activity, physically or otherwise, during my visit to Woodside sauna. My visit includes, but is not limited to, the parking lot and all physical areas adjacent to the outside of the sauna, the adjacent buildings on the property and any other areas inside or outside the sauna. Engagement in any physical activity, the use of any facility or services on the premises is done so at my own risk and fully assume all risks of injury, illness, damage or loss to me or my property that might result, including, without limitation, any loss or theft of any personal property. I agree to not hold Woodside sauna, its personnel or owners responsible for any fault or situation known or unknown which may arise.

I acknowledge that I have carefully read this Waiver and Release and fully understand that it is a release of liability. I waive any right that I may have to bring any action, legal or otherwise, to assert a claim against Woodside sauna.

I waive, release and discharge from any and all liability, including but not limited to liability arising from the negligence or fault of the staff, contactors, guests or anyone associated with Woodside sauna.

I certify that I have no physical ailments or limitations which would preclude me from entering the sauna as described in the 'Rules and requirements for using the sauna' as detailed above. I understand it is my responsibility to know of any existing cuts, bruises, sensitivities or any other bodily condition which may result in my discomfort or the aggravation of an existing condition. I am aware that this is a release of liability and by signing below, I wish to proceed and enter the sauna including the heating and cooling down sets, if I elect this service.

I certify that I have read this document and fully understand its content. I have read, I understand, and I agree to follow the above rules and requirements. I realise that a failure to observe these rules could lead to bodily injury to me and or others. I further understand and acknowledge that the sauna assumes no responsibility for any act and/ or omission which may cause any damage to any person, including me. This document is sufficient warning that dangerous conditions, risks, and hazards do exist and the sauna does its best to make me aware of these.

I understand that it is my responsibility to familiarise myself with any updates to these Rules and Requirements as well as the Waiver and Release. I understand I can obtain an updated copy at any time by visiting www.facebook.com/woodsidesauna.nz or asking for a printed copy in person.

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

Name
Printed _____

Signature _____ Date _____

Telephone _____

Emergency contact name and number _____

REMEMBER TO LIKE US ON FACEBOOK TO RECEIVE SPECIALS AND RELATED INFORMATION