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**DISCLAIMER FORM** **FOR COLD EXPOSURE, ICE BATHS & SAUNA ACCESS**

 **Breath 24/7 & Good Life Dacha**

* **IMPORTANT NOTICE: Please read this disclaimer form carefully before participating in any Cold Exposure, Ice Bath, or Sauna Activities at “Good Life Dacha”. By participating in these activities, you are acknowledging that you have read, understood, and agreed to follow the terms and conditions within this disclaimer and that you fully understand that The Breath 24/7 Instructor and Good Life Dacha is not liable for any injuries or damages that may result from my participation in Cold Exposure, Ice Bath, and Sauna Activities.**

I understand that exposing my body to extremely low and high temperatures when using the Ice Bath and Sauna may pose certain risks, including but not limited to, hypothermia, frostbite, respiratory distress, and other injuries. I understand that Cold Exposure, Ice Baths, and Sauna may not be suitable for certain individuals with withstanding medical conditions including pregnancy, epilepsy, high blood pressure, cold inertia, and major heart conditions.

I understand that extended exposure to cold water or extreme heat can be harmful and that the recommended time may vary depending on individual circumstances. I understand that no two individuals are the same and agree to not focus on time in the Ice Bath or Sauna yet to focus inwards and listen to my body. I agree to stop the Cold Exposure, Ice Baths, and Sauna Activities immediately if I experience any adverse effects including dizziness, headaches, swelling etc. If in the Ice Bath and you feel uncomfortably cold shivering, skin tightness, cramping, swelling and/or extreme numbness then get out immediately.

I acknowledge that I am participating in these activities voluntarily and at my own risk. I understand that the instructor is not liable for any physiological or psychological injuries or damages that may result from my participation in Cold Exposure, Ice Bath, and Sauna Activities. I release the instructor and Good Life Dacha from any liability and agree to indemnify and hold them harmless from any claims, demands, or causes of action arising out of my voluntary participation in these activities.

I also agree to read The House Rules that are displayed in the Sauna and Ice Bath area and follow the guidelines at all times. I also agree to follow the instructions provided by The Instructor and members of the Breath 24/7 and Good Life Dacha team at all times. I agree to follow the guidelines within this disclaimer at all times. **I understand that failure to follow these guidelines may increase risk of injury and I will either pay a fine of BHT 1000 or be banned from future participation.**

**Please read the following statements to indicate your agreement:**

* **I agree to pay the entry fee ahead of entering the Ice Bath or Sauna at the front desk**
* **I agree to enter and exit the Ice Bath slowly**
* **I agree to limit myself to a maximum time of 2 minutes on my first day per plunge**
* **I agree to limit myself to a maximum time of 5 minutes in the Ice Bath once I’m experienced (habituated)**
* **I agree to not dip my head in the Ice Bath**
* **I agree to shower before entry**
* **I agree to wash my feet using the hose provided before entry**
* **I have read and understood the disclaimer form**
* **I agree to respect other participants by remaining clothed in the Sauna and Ice Bath**
* **I agree to wear clean bathing cloths when using the Ice Bath and Sauna**
* **I agree to follow all instructions provided by the instructor**
* **I agree to follow the House Rules**
* **I agree to not participate in Suana and Ice Bath activity’s if under the influence of alcohol**
* **I agree to exit the Sauna or Ice Bath if I experience adverse affects**

If you have any questions or concerns, please discuss them with the instructor before participating in the activities – **Bill +66 812 588 218**

**Name …………………………………………………………………………………………………………………………..**

**Signature………………………………………………………………………………………………………………………**

**Date……………………………………………………………………………………………………………………………..**