The signatory of this document agrees to be held responsible for ensuring

that all members of their party and their guests are aware of and follow the

guidelines in order to ensure a safe environment for all.

If terms in this agreement are breeched, The Farm Clinic reserves the

right to ask you to leave the premises immediately, at their discretion.

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| Acknowledgement of risks  Using the Sauna and lake is inherently a pleasurable and beneficial experience, however, as with all things, there exist elements of risk.  You must be mindful of the risk posed by:  – slippery surfaces caused by water, ice, snow, mud or other slippery surfaces  – exposure to hot and cold temperatures  – exposure to hot equipment  – increased internal body temperature  – collisions or contact with other persons  and objects inside or outside of the sauna and lake  – exposure to airborne illnesses or  transmittable diseases.  Representation of fitness  I agree all of the following statements are true:  – I am physically and mentally fit to participate in the Sauna and lake. I do not have any medical condition, such as anhidrosis, that interferes with my ability to sweat.  – I am not pregnant. I am not subjecting a foetus to excessive body temperature that may cause foetal damage during pregnancy.  – I am not taking, or are under the influence, of any drugs, alcohol, medication or other substance affecting my mental or physical state.  – Exposure to heat and cold water puts stress on the body, affecting circulation, heart rate and blood pressure. If you have an underlying health condition in these areas, seek medical advice to ensure safety while exposing your body to the Sauna and cold water. | Sauna etiquette  – Only provided sauna water should be poured on the hot rocks and consent from other Sauna bathers must be obtained before pouring water on to the rocks. No oils or homemade concoctions to be added or  applied to the skin.  – Follow the Sauna host’s instructions on  pouring water onto hot rocks.  – No alcohol to be consumed in the sauna.  Smoking or vaping is not permitted in the  sauna. Jewellery should be removed to  prevent burning.  – Sauna etiquette must be adhered to at all  times. Sauna sessions should last no more  than 15-20 minutes without breaks.  – It is your responsibility to ensure that you  are a capable swimmer and can handle being  exposed to cold temperatures and varying  conditions. All persons enter the lake  at their own risk.  – Towels must be used to sit on inside the  Sauna.  Assumption of responsibility  I cannot, and will not, rely on anyone other  than myself to keep me or my personal  property from my participation in the sauna  except to the extent such damages, injuries  or death results from conduct that constitutes greater than ordinary negligence under UK law.  Children and sauna  No children under the age of 16 are permitted to use the community Sauna slots. | Health and safety  – I will act accordingly to keep myself and  others safe at all times whilst using the  Sauna and lake.  – I will wear a tow float when swimming in the lake at all times.  -My participation in the Sauna and lake is voluntary and I can refuse to  participate or quit participating at any time for any reason.  – If I see other bathers behaving  inappropriately or dangerously, or if I  become aware of any risks posed by  equipment defects I will report it to a  member of The Farm Clinic staff.  – I understand that if I act in a way to cause  other bathers to feel distressed or offended, through inappropriate language, sexual comments, non-consensual nudity, or other offensive behaviour, that I will be asked to leave the Sauna premises. The decision to do so is at the discretion of The Farm Clinic Sauna and Employees. I will accept their decision and accept as final.  Photography and filming  I agree to only take pictures and film  with consent.  Booking conditions  If you are making this booking on behalf of a group, it is your responsibility to ensure all users are aware of this disclaimer on safe sauna use as stated above.  The Farm Clinic Sauna operators reserve the right to refuse admission to intoxicated persons or any other reasons that may be deemed a health and safety risk.  Refunds will not be offered to anyone  refused admission. |

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