



The safety and well-being of our guests is of paramount importance to the Canadian Ecology Centre (CEC). The use of the CEC's sauna involves a certain element of risk. Being informed of possible risks of sauna use and following CEC Health and Safe Sauna Use Policy will help to reduce or eliminate the chance of injury or illness.

Please thoroughly read the following information regarding your health and safety while using the CEC's sauna. You will be asked to sign at the end of this document to confirm that you understand and agree to practice safe sauna use and understand the associated risks. You also assume responsibility for any other persons you invite into the sauna and agree to make all users aware of information in this Assumption of Risk document.

HEALTH & SAFE SAUNA USE POLICY

- All children 15 and under must be accompanied by a responsible adult (please read the CEC's **KIDS IN THE SAUNA** information sheet to understand the risks).
- All persons using the sauna do so at their own risk. If you have any underlying health problems or medical conditions (see contraindications list below), it is essential that you consult your doctor before making a booking. By agreeing to our Assumption of Risk, you understand the risks and have consulted with a medical professional. You understand and take full responsibility for your own health and wellbeing as well as the health and wellbeing of anyone you invite into the sauna during your session.

Contraindications to sauna use include (but are not limited to) the following:

- Pregnancy
- Some prescription drugs
- Cardiovascular disorders
- Blood pressure disorders
- Nervous system disorders
- History of dizziness or fainting
- Lymphatic system disorders
- Heart Disorders
- Blood disorders
- Epilepsy
- Asthma
- Diabetes
- Allergies

- The CEC requires any guest who has any health, mobility or any other condition which requires the assistance of another person, regardless of age, to be always accompanied by another adult guest.

Do not use the sauna if you have:

- just finished exercising or after strenuous activities. Let your heart rate come down to resting levels first.
- recently consumed alcohol, recreational drugs or medications. Using the sauna afterwards could affect your heart, impair sweating, and produce overheating.

Practicing Safe Sauna Use

- Our sauna ranges in temperature from 65 to 90 Celsius. To reduce the risk of overheating and scalding it is suggested to limit sessions to 15 to 25 minutes. Even healthy individuals should limit their time to 15 to 25 minutes in a sauna, as prolonged exposure to the sauna may cause your body to overheat. We advise beginners to start with 5 - 10 minute increments, cooling off in between.
- Everyone is different and you need to know what your body can handle for temperature. Overexposure to high temperatures and humidity can be dangerous to your health. Monitor how you feel. If you are sensitive to the heat, feel dizzy, nauseous, sleepy or begin to feel uncomfortable, leave the sauna immediately.
- Avoid eating one to two hours prior to your sauna sessions to avoid any ill feelings.
- Do not use the sauna if you have recently consumed alcohol, drugs or medications.
- Stay hydrated before, during and after sauna use.
- If you intend to sauna alone, always let someone else know in case of an emergency.
- When the sauna is in use, never touch the stove or stove pipes.
- Be aware that direct contact with sauna rocks or sauna heater/stove may cause serious injury.
- Sitting closer to the stove is much hotter than closer to the door, so place yourself according to your comfort level.

- Any metal in the sauna such as jewellery and watches will retain heat and therefore is not suggested to bring into the sauna.
- Any glasses or contact lenses should be removed before entering the sauna to avoid any damage to coatings and to prevent contact lenses from drying out.
- Phones or electronics don't like heat or humidity, do not bring them in the sauna with you. If you choose to use any electronics or technology during your sauna session do so at your own risk. The CEC is not liable for these.
- Rest and cool off afterwards. Lie or sit down for at least 10 minutes, then take a cool shower to help bring your body temperature to normal levels. Hydrate with water.

Using the sauna

- Please leave footwear outside the sauna to keep the inside clean of dirt/debris.
- Please sit on your towel and wear swimwear in the sauna.
- The operation of the wood burning stove is STRICTLY for staff members of the CEC. Please do not touch the stove, stones or chimney.
- Please only lightly drizzle water on the stones from the supplies provided. Please do not add oils or anything else to the water.
- Use caution when putting water on the stones as hot steam will rise and could burn your arm. You should start by pouring at the back of the stove and bringing the ladle forward so that your arm is never in contact with the steam.
- Please respect other sauna bathers. Any disorderly behaviour is not permitted, and the CEC reserves the right to remove disorderly users at any time.
- Take care when moving in or outside the sauna - be aware of wet, icy or uneven surfaces. If you wish to walk outside with no shoes on to promote grounding, be mindful of sharp objects, and slippery or uneven surfaces.
- Smoking /vaping, alcohol and/or cannabis are not permitted in or around the sauna. No glass containers or bottles are permitted at any time in our sauna.

CANCELLATION POLICY

- By scheduling the sauna, it means that time is put aside specifically for you. You acknowledge and understand that 24 hours notice is required to reschedule or cancel your sauna time.
- Showing up late for your scheduled sauna time means you are reducing the amount of time you have booked. There will be no refund of fees for your reduced time. The CEC does not adjust appointment times based on when you show up, appointments start and finish when they are scheduled.

UNDERSTANDING THE RISKS

- I confirm that I am 18 years of age or older and have the capacity to enter into this agreement on behalf of myself and all persons in my party using the sauna.
- I understand and agree to the CEC's Sauna **Health & Safe Sauna Use Policy** and **Cancellation Policy** outlined above.
- I acknowledge and accept **all risks, damages and hazards and the possibility of personal injury, death, property damage and loss**, which may arise from the use of the sauna.
- I acknowledge and accept responsibility for any other persons I invite into the sauna and agree to make all users aware of the CEC's **Health & Safe Sauna Use Policy**.
- I agree that this assumption of risk is in effect for all sauna sessions and will not expire unless requested in writing by either party (myself or the CEC).
- I am signing this Assumption of Risk voluntarily without any coercion or undue influence. I understand that I am encouraged to seek independent legal advice if I have any concerns about this agreement.

Signature: _____

Date: _____

Full Name: _____