

## Day Camp for Dads – Waiver/Questionnaire - 2024

Name		Date	
Phone Number		Date of Birth	
Email		Address/City	
Emergency Contact		Emergency Contact Phone Number	

**By signing this waiver, I agree that my info will be kept on file for future visits, contact purposes and contact tracing.**

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Saunas are generally safe for most users; however, the following listed conditions are considered contraindications for the sauna use. Please indicate if any of the following apply to you:

1	Do you have high or low blood pressure?	yes	no
2	Do you have any circulatory problems?	yes	no
3	Do you suffer from congestive heart failure?	yes	no
4	Do you have a pacemaker or defibrillator?	yes	no
5	Are you presently intoxicated due to consumption of drugs or alcohol?	yes	no
6	Are you pregnant? If yes you will need a doctor's note or to sign that you have consulted w/ a doctor	yes	no
7	Do you have a fever?	yes	no
8	Are you prone to bleeding or do you have recent wounds from an operation?	yes	no
9	Are you currently taking diuretics, barbiturates, beta-blockers or antihistamines?	yes	no
10	Do you have a metal pin, rod, artificial joint to other surgical implants?	yes	no
11	Do you have a hard time breaking a sweat?	yes	no

**If you answered 'yes' to any of the above questions, you should consult with your physician before using our saunas or use extreme caution when using our saunas. We strongly recommend consulting with your doctor if your condition could be negatively affected by sauna use. In the rare event that you experience pain and/or discomfort, dizziness, lightheadedness, or dis-orientation, immediately discontinue sauna use and inform our staff about your condition.**

### Information on contraindications and cautions for sauna and spa use

**Saunas and the Elderly** - The ability to maintain core body temperature may decrease with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling process to maintain core body temperature.

**Saunas and Cardiovascular Conditions** - Individuals with cardiovascular conditions or problems (hypertensions / hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow to transfer internal body heat to the outside environment via the skin and respiratory system. This takes place primarily due to major changes/increases in the heart rate.

**Sauna and Alcohol** - Alcohol intoxication decreases a person's judgement; therefore he/she may not realize when the body has a negative heat reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress. The staff at Day Camp for Dads maintains the right to deny entry to anyone who is obviously exceedingly under the influence of alcohol or cannabis or ask them to leave.

**Saunas and Hemophiliacs / Individuals prone to bleeding** - the use of sauna should be avoided by anyone who is predisposed to bleeding.

**Sauna and Insensitivity to heat** - an individual with insensitivity to heat should not use a sauna.

**Saunas and pregnancy** - pregnant women should consult a physician before using a sauna.

**Saunas and Joint injury** - While some saunas (infrared) have supporting evidence that sauna use may be beneficial to joints, care for a recent injury (within 48 hours) to a joint should be under the advisement of a doctor. Heating a recent joint injury is not recommended.

**Saunas and implants** - If you have metal pins, rods, artificial joints or any other surgical implants, you should consult your physician prior to using a sauna.

**Sauna house conditions** - As a sauna and spa, there may be areas with water on the floor and they may be slippery. Use caution when moving about the Camp.

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I understand that the services offered by Day Camp for Dads are for the purpose of relaxation and overall wellness and are not intended to take the place of medical care or medications.

I have read the above disclaimer, I have had the opportunity to ask any questions about its content, and by signing I agree that I am currently not suffering from any of the contraindications in Day Camp for Dads questionnaire. I agree to disclose to Day Camp for Dads if my medical history changes during the period of participating in sauna sessions.

It is solely my responsibility to monitor my body reactions and determine if it is appropriate to use the sauna. I alone am responsible for my safety and wellbeing. If I experience dizziness, pain or any discomfort during my sauna session, I am responsible for immediately stopping my sauna session.

I acknowledge that sauna and spa environments have areas of water and floors may be slippery therefore I am fully responsible for any injuries related to slipping on the floor and other surfaces. I know that I am also responsible for all my personal items. I acknowledge that Day Camp for Dads retains the right to deny entrance or remove anyone who is exceedingly under the influence of alcohol or cannabis.

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I have read the above statement and I understand that the use of the sauna may involve a physical and/or mental risk. By signing below, I assume the risk and responsibility for any and all injuries and damages that arise from using the sauna and hereby waive and release the Day Camp for Dads and its staff from any and all liability in connection with the use of the sauna and spa. This waiver is valid for all future visits by the undersigned. If on subsequent visits anything has changed relevant to this waiver form, it is the responsibility of the undersigned to inform the staff and sign a new waiver.

Client: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_