# Masons Sauna

**LIABILITY WAIVER • HEALTH & SAFETY RULES**

**PLEASE READ CAREFULLY BEFORE SIGNING**

Masons Sauna – Liability Waiver, Health & Safety Rules

Please read carefully before signing. Completion of this waiver is required before using any Masons Sauna facilities.

By signing this waiver, I confirm that I have read, understood, and agree to the following terms, conditions, and safety requirements.

## 1. ⚠ MANDATORY HEALTH RESTRICTIONS — PLEASE READ CAREFULLY

You MUST NOT USE the Sauna if you are or if you suffer from any of the following conditions:

- Heart or circulatory problems.
- High or low blood pressure
- Epilepsy
- Diabetes
- Prone to fainting spells or dizziness
- Pregnant
- Under 16 years of age

If any of the above applies to you, you must not use the Sauna. This restriction is mandatory and is not optional or subject to individual discretion or medical exemption.

## 2. Assumption of Risk

I acknowledge that using the sauna, cold plunge, cold shower, drench bucket and surrounding facilities involves inherent and potentially serious risks, including but not limited to:

- Exposure to extreme hot and cold temperatures
- Increased body temperature, overheating or hypothermia
- Changes in heart rate, blood pressure, breathing and circulation
- Dizziness, or fainting
- Slippery or uneven surfaces
- Burns from hot equipment, steam, stones, or the sauna stove
- Contact or collisions with other people or objects
- Hazards arising from the design, construction, repair, or modification of the facilities
- Visible or hidden natural or man-made hazards
- Injury, illness, disability, or death
- Loss or damage to personal belongings

I voluntarily participate and accept responsibility for my own health, safety, and wellbeing. I understand that I may stop participating or leave any facility at any time if I feel uncomfortable, unwell, or unsafe.

## 3. Open Water/River Disclaimer

I understand that, although the campsite has direct access to the river, river swimming is not part of the Masons Sauna experience. Customers who choose to use the river, do so at their own risk.

## 4. Sauna Safety & Etiquette

I agree to follow all staff instructions, safety guidance and sauna etiquette at all times.

This includes:

- Showering before using the sauna or cold-water facilities.
- Always sitting on a towel in the sauna
- Staying hydrated and drinking plenty of water
- Limiting sauna sessions to the recommended duration and never exceeding 20 minutes at a time
- Beginners are advised to start with shorter sessions of approximately 3–5 minutes, increasing gradually according to comfort and experience.
- Being aware that higher sauna benches are hotter than lower benches.
- Leaving the sauna immediately if I feel nauseous, dizzy, faint, excessively sleepy, uncomfortable, or unwell, and notifying staff.
- Respecting other guests and behaving appropriately.
- Alcohol and drug use are prohibited within the sauna area.
- Smoking and e-cigarettes are not permitted in or around the facility.
- No phones or headphones to be used in the sauna.
- Music is prohibited.
- Taking care when walking on wet or uneven surfaces.
- Vacating the facilities by the end of my booked session.

## 5. Sauna Stove, Heat & Water

I acknowledge that the sauna contains a hot stove and stones which can cause serious burns.

The operation of the log-burner stove is strictly for Masons Sauna staff.

Water must be gently ladled onto the stones. It must not be dumped directly onto the heater.

I understand that hot steam can rise from the stones and cause burns, and I will take appropriate care when pouring water.

## 6. Clothing & Personal Items

- Masons Sauna is not responsible for lost, stolen, or damaged personal belongings.
- Swimwear must be worn in the sauna area.
- Footwear and swim shoes must be removed before entering the sauna or plunge pools.
- Neoprene items, including neoprene swimwear and swim shoes, must not be worn in the sauna as they are unsuitable for high temperatures.
- All jewellery, watches and other metal items should be removed before entering the sauna to prevent burning.
- Glasses and contact lenses should be removed where appropriate to avoid damage and discomfort caused by heat or drying.
- Glass containers are not permitted in the sauna area.
- Drinking water must be brought in a suitable non-metal bottle.

## 7. Right to Refuse Entry

Masons Sauna operators reserve the right to refuse entry, remove a guest, end, or shorten a session, or cancel use of the facilities where they consider this necessary for health, safety, or other reasonable grounds, including:

- Risky or disorderly behaviour
- Intoxication
- Failure to follow these rules
- Failure to follow staff instructions
- A health or safety concern
- Any behaviour or circumstance that may put the guest, staff, or other users at risk

No refund will be offered where admission or continued use is refused for these reasons.

## 8. Emergency Procedures

In the event of an emergency, I will leave the sauna or facility immediately and notify a member of staff.

A red emergency button is provided in the Sauna and changing area and should be used for emergency situations only.

I agree to inform staff of any concerns, accidents, injuries, illness, or other issues that arise during my visit.

In the event of a medical emergency, I consent to reasonable first-aid assistance being provided by facility staff and understand that staff may contact the emergency services or seek additional medical assistance where necessary.