

## **Widewater Sauna T&C**

### **All persons using the sauna, do so at their own risk:**

- Alcohol and nudity are not permitted in the sauna. Widewater Sauna operators reserve the right to refuse admission to intoxicated persons.
- Children under the age of 6 years are unfortunately NOT permitted to use the sauna.
- All hanging jewellery should be removed before entering the sauna to prevent burning.
- All persons using the sauna do so at their own risk. If you have any reservations regarding sauna use, it is essential that you consult your

GP before making a booking

### **You must not use the sauna if you:**

- suffer from high or low blood pressure or any heart or circulatory disorder or suffer from epilepsy or diabetes;
- are pregnant; or
- are prone to dizziness or fainting
- have any fungal infections or open wounds on your body or feet.
- • All persons using the sea as a 'cold plunge' do so at their own risk. It is your own responsibility to ensure that you are a capable swimmer and can handle being exposed to the cold temperatures, other dangers and varying conditions of the sea
- In adverse weather conditions take extra care exiting and entering the sauna

### **Sauna Etiquette**

Sauna etiquette must be adhered to at all times. This includes:

- Removing footwear
- Entering and exiting the sauna in a safe manner
- Keeping access points clear to allow other users to exit safely and swiftly if needed.
- Sitting on a towel at all times
- Staying in the sauna for no longer than 30 min at a time (we recommend 5-15 min breaks)
- Only pouring the provided 'sauna water' on hot rocks and nothing else
- Not touching any part of the stove / stove cage or rocks
  - Glass is not permitted inside the sauna. Please bring your own water bottle.
  - Getting changed within your booked time slot.
  - Please do not take photographs or videos during our community sessions to respect our other guests

Widewater Sauna takes no responsibility for the damage or loss of customers' property.

### **Group Booking Responsibility**

- If you are making this booking on behalf of a group, it is your responsibility to make your group aware of the terms and conditions and to practice safe sauna use. Please share the details provided here.

### **Admission Policy**

- Widewater Sauna operators reserve the right to refuse admission for any reason that may be deemed a health and safety risk.

Refunds will not be offered to anyone refused admission.

***We hope you enjoy your time at Widewater Sauna***