

Widewater Sauna T&C

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

- **Alcohol and nudity are not permitted in the sauna.** Wide Water Sauna operators reserve the right to refuse admission to intoxicated persons.
- **Children under the age of 16** 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**, if you are using the changing room.
- **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

- Wide Water 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