



WAIVER AND RELEASE

POSITIONAL RELEASE INTEGRATION AWAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY, AND PARENTAL CONSENT AGREEMENT ('AGREEMENT') in, consideration of participating in Sauna and or Cold Plunge ("Activity"), I represent that I understand the nature of Sauna and or Cold Plunge use that I and/or my minor child am in good health and in proper physical condition to participate in: such. Activity. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity. I further acknowledge that I am and/or my minor child is participating in the Activity in this location and that any risks associated with participating in the Activity are risks I have chosen to assume for me and/or my minor child, and that none of the Releasees, as defined below, have made any choices for, or imposed any risks on, me and/or my minor child.

I fully understand that Sauna and or Cold Plunge involve risks of serious bodily injury, including viral infections, bacterial infections and other communicable diseases and illnesses, permanent disability, paralysis and death, which may be caused by my own actions. The conditions in which heat/cold may have other risks other than not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I and/or my minor child incur as a result of my and/or my minor child's participation in the Activity. And that you have reviewed the contraindications listed on the site.

Hereby release, discharge, and covenant not to sue Positional Release Integration, owner and employees on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my and/or my minor child's behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant

Signature of Participant (only if age 18 or over) _____

Signature of Parent/Legal Guardian (Participant is under age 18) _____

Date